

I PLEDGE TO: **Make It OK**

NAME _____



1

LEARN. Educate ourselves about mental illnesses and learn how common they are.

2

TALK. Have meaningful conversations with others about mental illnesses.

3

SHARE. Encourage others to learn more by scheduling a Make It OK presentation with Peace River Center or taking the pledge online.

Start the conversation and get tips at [PeaceRiverCenter.org/makeitok](https://www.peacrivercenter.org/makeitok)