

Make It OK



Help stop the silence & stigma surrounding mental illness.

Each year, 1 in 5 adults will experience a mental illness, and 60% do not seek treatment. The stigma surrounding mental illnesses is one of the barriers to people getting the help they need and deserve.

Western Wisconsin Health is part of a community-wide initiative called Make It OK that focuses on reducing stigma by starting conversations about mental illness.

Mental Health Community Event: Wednesday, September 27, 2017 6:00 - 8:00 PM

**St. Croix Central High School Auditorium
This is a FREE event open to everyone.**

Join us for a special presentation and conversation on mental illness and ways to reduce the stigma. This event will feature a panel conversation with healthcare, mental health, school, and community leaders. The panel will discuss local strategies to reduce stigma and plans to improve mental health care in the region, in addition to answering any questions that you may have.

Make It  .org

Learn more at makeitok.org. For more information or to register, please visit wwhealth.org in the "Classes" section or contact Natasha Ward at 715-684-1285 or community.wellness@wwhealth.org.



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