Mental Well-Being: Stop Stigma, Learn What to Say

Many of us have heard the saying “It’s not *what* you say, but *how* you say it.” I believe that this is true, but I also believe it IS what you say that matters as well.

Mental health stigma is real and our choice in the words we use and what we say to people can help to reduce stigma. The Make It Okay campaign has come up with the following to help you join the fight against stigma.