

WHAT IS OK2TALK.ORG?

ABOUT OK2TALK

Teens and young adults who live with mental illness can feel hopeless and alone. Many don't know what's wrong with them but feel like it's their fault. Those who understand what is happening fear they can't be helped. Because of the stigma attached to mental illness, it's often hard for those suffering and their families and friends to talk about what they're going through. But help is available, and it works.

The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing creative content such as poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards getting help and feeling better.

ABOUT NAMI

NAMI is the **National Alliance on Mental Illness**, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need.

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

Mental illness affects everyone. Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States.

People living with mental illness need help and hope: they need a community that supports them, their families and their recovery.

Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.

**This site has information in Spanish.

Source: <http://ok2talk.org/about>