Talk Openly
ABOUT MENTAL ILLNESS

Okay to Say is a community-driven movement initiated by the Meadows Mental Health Policy Institute with support from community partners to increase public awareness that most mental illnesses are treatable and to offer messages of hope and recovery to Texans and their families.

9 OF 10
Texans think it's harder to talk about mental health rather than physical issues

3 IN 4
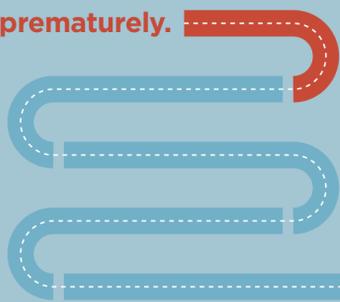Texans have a friend or family member that has experienced a mental health issue.

2/3
of people with a diagnosable mental illness **do not seek treatment.**

1/5
of mental health patients nationally quit treatment **prematurely.**

3/4
of Texans agree more education would make them feel more confident about discussing mental illness.

88%
of Texans agree **stigma** surrounding mental health issues needs to be removed.

Nationally, people with mental illness often experience discrimination.

At work. In school. In housing. In healthcare.

Stand Up. Speak Out. Make it Okay to Say.

OkaytoSay.org
#okaytosay

TEXAS STATE of MIND
THE MEADOWS MENTAL HEALTH POLICY INSTITUTE

okay to say

Lack of knowledge, fear of disclosure, rejection of friends, and discrimination are a few reasons why people with mental illness don't seek help (NAMI Multicultural Action Center: Facts about Stigma and Mental Illness in Diverse Communities).
1/5th of patients quit treatment prematurely, with over 70% of all dropouts occurring after the first or second visits. (Association for Psychological Science, The Impact of Mental Illness Stigma on Seeking and Participating in Mental Health Care, Patrick W. Corrigan, Benjamin G. Druss, and Deborah A. Perlick)
9 out of 10 Texans think that it is harder to talk about mental health rather than physical issues.
88% of Texans agree that the stigma surrounding mental health issues needs to be removed.
74% of Texans agree that more education and information would make them feel more confident about discussing mental illness.
(2014 Texas State of Mind Survey, The Meadows Mental Health Policy Institute for Texas)