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*HOW ARE YOU REALLY?*



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# ABOUT US

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**Our mission is to build a like-minded community who will work together to destigmatize all mental health conditions by changing the way people talk about, and care for, their mental health.**

The Mental Health Coalition was formed with the understanding that the mental health crisis is fueled by a pervasive and devastating stigma, preventing millions of individuals from being able to seek the critical treatment they need.

We imagine a world without judgment. A world where we all understand that everyone is dealing with their own mental health condition. A world where we take care of our mental health as much as our physical health.

We are a coalition of the leading mental health organizations, brands, and individuals who have joined forces to end the stigma surrounding mental health and to change the way people talk about, and care for, mental illness.

# FOUNDING COALITION MEMBERS

 <p><b>American Foundation for Suicide Prevention</b></p>	 <p>bring change to mind</p>	 <p>CHILD MIND<sup>®</sup> INSTITUTE</p>	 <p>CRISIS TEXT LINE  </p>
 <p>The Jed Foundation</p>	 <p>MHA Mental Health America</p>	 <p>NAMI National Alliance on Mental Illness</p>	 <p>THE TREVOR PROJECT</p>

## COALITION MEMBERS

1/4 ← →

Our Coalition Members are comprised of diverse and influential nonprofit organizations who work to provide services and advocate for the community living with, and affected by, mental health conditions. Our Coalition members provide a diverse perspective on the mental health space and help advance our mission of changing the way people talk about mental health.

 <p>active minds</p>	 <p>ADAA ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA</p>	 <p>RESIST</p>
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# CREATIVE PARTNERS & PLATFORMS

1/4 ← →

Our Creative Partners & Platforms leverage their incredible resources to change the narrative on how people speak about mental health. Their creative expertise, media capabilities, and reach allow us to get the message out there, shine a light on the situation we're all facing, and make sure the right people get the right information at the right time.

Pentagram

KENNETH COLE

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# OUR TEAM MEMBERS

1/2 ← →

Catie Cole



Samantha Cohen



Jennifer

## Kenneth Cole



## Pamela Bell



## Tom Ra

### In an emergency

If you or a friend need urgent assistance, call 911 immediately, or take your friend directly to the emergency room. If you feel it's safe, stay with your friend, or find someone to stay with them until help arrives.

### In a crisis

You are never alone. Help is always available. For immediate support 24/7, reach out to the Crisis Text Line by texting COALITION to 741741, or call the National Suicide Prevention Lifeline at 1-800-273-8255. It's free and it's highly confidential, unless it's essential to contact emergency services to keep you or your friend safe.

# PEOPLE ARE SHARING.

#howareyoureallychallenge 





## Help us help those in need.

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