

BECOME AN AMBASSADOR!

Make It

Spring Virtual Training Opportunities:

Join us as a Make It OK Ambassador!

Anyone can become a Make It OK Ambassador. You do not have to be an expert on mental health but someone who enjoys connecting, engaging, educating and promoting mental health awareness.

This training is free but requires pre-registration. Click the dates below to register:

March 4: [1-3 p.m.](#)

April 16: [11 a.m. - 1 p.m.](#)

May 6: [1-3 p.m.](#)

March 5: [9-11 a.m.](#)

April 26: [6-8 p.m.](#)

May 24: [9-11 a.m.](#)

March 29: [9-11 a.m.](#)

May 3: [6-8 p.m.](#)

June 12: [9-11 a.m.](#)

Make It OK is community campaign to reduce stigma by starting conversations and increasing understanding about mental illness.



Healthiest State
INITIATIVE