MAKING IT OKAY – A Community Call to Action

Wellness, Coe College <wellness@coe.edu>  
Wed, Mar 10, 2021 at 11:07 AM

Reply-To: wellness@coe.edu  
To: All Students <allstudents@coe.edu>, All Faculty/Staff <allfacultystaff@coe.edu>  
Cc: "CAMPBELL, ASTIN" <elcampbell@coe.edu>

Happy Wednesday Kohawks!

We would like to invite you to a free virtual event, the Make It OK! Community Call to Action, taking place tomorrow, March 11th from 11:00am – 1:30pm.

In 2020, amidst the COVID pandemic and the derecho, a group of leaders came together to launch the Make It OK campaign in Linn County. The goal is to reduce stigma related to mental illness, in conjunction with the Iowa Healthiest State Initiative. The effort has included a monthly virtual series called Make It Ok Midweek, training of more than 100 Make It Ok community ambassadors, engagement of high school and college students, and work with employers to provide tools for their employees.

Tomorrow, they will be hosting a community wide virtual event, Make It OK! Call to Action, with emcees Lura McBride of Van Meter and Michelle Niermann of UnityPoint Health. Ben Nemtin, international speaker and #1 New York Times bestselling author, will deliver the keynote.

Register at www.iowahealthieststate.com/MakeItOKLC

Help us stop mental illness stigma by joining this Make It OK Community Call to Action event.

---

Featuring Ben Nemtin

The #1 New York Times bestselling author, star of MTV’s highest rated show ever on iTunes and Amazon, co-founder of The Buried Life movement and inspirational keynote speaker.

--

Thank you for helping us Make It OK to talk about Mental Illness!

(Source: NAMI Linn County, special thanks to our fellow Kohawk and NAMI Intern, Astin Campbell.)