



Take This General Talking Points

What makes Take This unique?

- Founded in 2012, Take This was the first mental health organization of its kind in the game industry.
- Our **Mission** is to decrease the stigma, and increase the support for, mental health in the game enthusiast community and inside the game industry.
- Take This' key programs:
 - The [AFK Rooms](#) and AFKOnline at both in-person and virtual conventions (staffed mental health space started in 2014)
 - [Workshops, trainings, and consulting services](#) focused on mental health literacy, maintaining good boundaries, and supporting employees through tough times
 - [Streaming Ambassador program](#)
- First major industry collaboration was the [2016 white paper Crunch Hurts](#) written as part of the International Game Developers Association (IGDA) Crunch Initiative. Our second was released in the summer of 2019 and addressed the [state of mental health inside the game industry](#) overall.
- Participated in over 100 [panels and talks](#) and spearheaded dozens including several at GDC.
- Awarded its first award for positive and hopeful mental health representation in games (Dr. Mark Kline Award) to *Stardew Valley* in 2017 and second in 2020 to *Celeste*.
- Ever-growing [mental health resource](#) list currently boasts 14 different therapist directories and online therapy resource options

Mental Health Facts

- An estimated [1-in-2 Americans will be diagnosed with a mental health condition in their lifetime](#)
- Approximately [1-in-5 will be diagnosed in a given year](#)
- The [most common types of diagnoses in the US are anxiety disorders](#), of which there are many types
- [50% of lifetime cases of mental health conditions begin by age 14, and 75% by age 24](#)
- Nearly [4 out of 10 people with major depressive disorder](#) did not receive treatment in 2016
- Of all those who suffer from mental health diagnoses, [94% are generally able to function in their daily lives](#), though some with more effort than others
- Trust and a good working relationship with your therapist is a [major factor in a positive outcome](#)

Take This Resources

- [Take This mental health resource page](#)
- [Take This COVID article series](#)
- [How to find a therapist \(article and flowchart\)](#)
- [What is Depression?](#)
- [How to Be a Good Friend...](#) (at Geek & Sundry)
- [How to Work Well with Others...](#) (at Geek & Sundry)
- [How to Support a Friend With Depression](#) (at Geek & Sundry)
- [How to Stop Playing a Character IRL](#) (at Geek & Sundry)