



“Decreasing stigma and increasing support for mental health among game makers and players.”

The mission of Take This is to decrease the stigma, and increase the support for, mental health in the game community and inside the game industry. Our vision is a game community that welcomes and supports people experiencing mental health challenges, and that recognizes the humanity and mental health of game creators.

The foundation of all of our work is the principle that hope is healing in the journey to mental wellness. Furthermore,

- We normalize mental health challenges and recognize and honor intersectional experiences
- We approach change and mental wellness broadly, from empowering individuals to enacting systemic change focused on leadership and cultural norms and practices
- We foster healthy, inclusive community by focusing on collaboration and partnership
- We take an evidence-based approach to our mental health content and programming

Take This is a mental health advocacy organization with a focus on the game industry and community. We provide resources, training, and support individuals and companies that help the gaming community improve its mental well-being and resilience. The organization addresses the underlying conditions that can create and perpetuate mental health challenges: stigma, harmful studio culture, harassment and toxicity, lack of diversity and accessibility, and problematic game and community design.

Specifically, this means that we:

- Produce content that is intersectional and created by diverse voices
- Foster safe, mental health-affirming, inclusionary, and harassment-free communities and industry environments
- Promote inclusive and thoughtful game design practices

Take This runs the AFK Room Program at game conventions, provides mental health workshops for game companies and their human resource departments, partners with industry groups to support mental health, curates information on treatment options and how to find help, and runs the Take This Ambassador Program for streamers.

www.takethis.org

[@takethisorg](https://twitter.com/takethisorg)

info@takethis.org