



## 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.
- It was initially a Tumblr blog designed to build community and awareness about mental health and mental illness in the video game community.
- Our **Mission** is to decrease the stigma, and increase the support for mental health in the game enthusiast community and inside the game industry.
- **Worked with over 40 gaming studios and companies** including big names like EA, Hyper Hippo, Iron Galaxy, Wizards of the Coast, Facebook and more.
- **Launched the AFK Room Program in 2014 to provide a place for convention attendees to relax and recharge.** AFK Rooms have serviced over 13,000 individuals across 42 rooms at in-person and online events.
- Provides [free mental health resources](#), [workshops](#), and other [expert content](#) for the gaming community.
- Responded to growing concerns around the risk of burnout for content creators by [creating tools tailored specifically for them](#), as well as [universal reference materials](#).
- Key programs:
  - The [AFK Rooms](#) and AFKOnline at both in-person and virtual conventions
  - [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, *Celeste* in 2020, and *Psychonauts 2* in 2022 (with community recognition for *Spiritfarer*).

### Mental Health Facts

- [1 in 5](#) U.S. adults experience mental illness each year
- [1 in 20](#) U.S. adults experience serious mental illness each year
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the [2nd leading](#) cause of death among people aged 10-14
- 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](#)
  - Includes Crisis Lines, Resources on Therapists, Culturally-Specific Support, Online Harassment, Streamer & Content Creator Support, Tools, and Apps
- [Take This Expert Content page](#)
- How to Find a Therapist: [US](#), [UK](#), [AUS](#), and [flowchart](#)
- [Covid Series](#)
- [How to be a Friend](#)
- [Being a Professional vs. Being an Advocate](#)