



Take this.

Support. Community. Mental Wellness.



Did You Know? Our mission is to improve the lives of gamedevs & communities through expert mental health resources. Fundraisers like you play a critical role in building a healthier, more supportive world for everyone who plays & makes games.



Key Talking Points

- **Founded in 2012** to combat the stigma around mental health in gaming companies & communities
- Partners with **licensed clinicians** that love gaming to provide expert research, resources, and insights
- Has worked with **over 40** game studios & companies, including Double Fine, EA, Hyper Hippo, Wizards of the Coast, and more.
- AFK Quiet Rooms have provided a safe, supportive space for **over 19,000** convention attendees since 2014
- Provides **free** mental health resources, workshops, and expert content for the gaming community
- Produces the annual Mental Health in the Game Industry Study



AFK Quiet Rooms

Since 2014, we've offered safe, supportive spaces staffed by mental health clinicians.

- **19,000+** visits to AFK Quiet Rooms
- Featured at PAX West, PAX East, MomoCon and Pokémon NAIC
- Distributed over 250 CareCon kits to convention attendees

"Just caught up on YouTube and it's helping me recommit myself to my mental health journey" ~ Free Community Talk Attendee

"AFK room helped me the year the ride in to PAX messed with me. Thanks for being there!" ~ AFK Room Attendee



"I just had to drop a note and thank you ... not just in the policy review but especially in the workshop today. You took incredible care of this moderation team, and were great partners in this work. We really leveled up today."~ AdHoc Studio

"The program has opened my eyes. I was just focusing on designing for games, without knowing I could actually do so much more and use my passion and background in mental health to make a difference in this industry." ~ Accelerate Program Alumni



Building a Better Future

From creating great workshops, to consulting with game studios and creating mentorship opportunities, Take This is committed to building a better future for the game industry.

With the help of community fundraisers like yourself, we **will** build a better future for mental health in gaming!



Thank you!