



Support. Community. Mental Wellness.



OUR MISSION: To improve the lives of game devs & communities through expert mental health resources, training, and supportive community spaces. Because healthy game devs make better games, and better games benefit the entire community!

Key Talking Points

- **Founded in 2012** after the death of games journalist Matt Hughes due to suicide, with a mission to combat the stigma around mental health in game companies & communities
- Partners with **licensed mental health professionals** that love games to provide expert research, resources, and insights
- Has worked with **over 40** game studios & companies by providing consultation & workshop services. Past clients include Double Fine, EA, Hyper Hippo, Wizards of the Coast, and more
- Provides **free** mental health resources, workshops, and expert content for the games community
- Delivers **free** Take This Talks Workshops to support industry professionals impacted by layoffs and industry instability
- 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 games!



Thank you!