



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 SIE, 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 first launched in 2014
- 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 job instability
- Produces the annual Mental Health in the Game Industry Study



Mental Health Facts

- More than 1 in 5 U.S. adults experience mental illness each year
- More than 1 in 20 U.S. adults experience serious mental illness each year
- More than 1 in 7 U.S. youth aged 6–17 experience a mental health disorder each year
- Suicide is the 2nd leading cause of death among people aged 10–34, and the 4th leading cause of death for people ages 35–44.

AFK Quiet Rooms: A Community Oasis



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, PAX Unplugged, MomoCon, Pokémon NAIC & Pokémon Worlds
- Distributed over 250 CareCon kits to convention attendees

Take This Testimonials

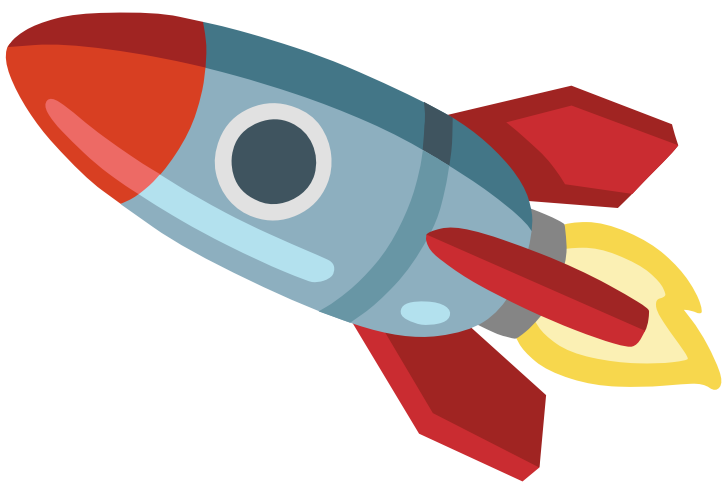
"Just caught up on YouTube and it's helping me recommit myself to my mental health journey"
~ Free Community Talk Attendee

"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."
~ Mentorship Program Alumni



A Better Future for Mental Health in Games



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

If you're interested in partnering with us, or want to learn more, **please reach out!** info@takethis.org



A Few of Our Partners & Supporters

