OK TODAY
TALKS

CERTIFICATE OF COMPLETION

Completed the OK Today Talks online course

OK Today Talks: Real Conversations, Real Tools, Real Change

— 2026 —

At the completion of this peer-to-peer mental health digital curriculum, you have explored how young people can challenge mental health stigma, build resilience, practice compassion, support themselves and their peers, strengthen collective care, and advocate for meaningful change. You leave with practical tools, conversation starters, and ideas for taking action in your community.