

I PLEDGE TO

Change the way
I act and think about
mental health at work.



I PLEDGE TO

Take care of my own
mental health.



I PLEDGE TO

Learn about mental health to educate myself and others.



I PLEDGE TO

Take action to raise
awareness about
mental health.



I PLEDGE TO

Be open to
conversations about
mental health.



I PLEDGE TO

Create an open
environment where
mental health is
supported.



I PLEDGE TO

Be mindful of
stigmatizing language
and negative
stereotypes.



I PLEDGE TO

Support my peers
during a time of need.



I PLEDGE TO

