

MENTAL HEALTH MATTERS PLEDGE

I pledge my commitment to promoting and supporting Mental Health for myself and my community. I strive to contribute to a world where Mental Health is prioritised and destigmatised.

By taking this pledge, I vow to:

- Prioritise Self-Care, seek help when needed, and encourage others to do the same
- Encourage more Conversations about Mental Health at home, in the workplace and within my community
- Learn more to educate myself and others about Mental Health issues and support
- Create Safe Spaces where people can share their experiences and listen without judgement
- Support Access to Care for all people living with Mental Health Issues and advocate for accessible Mental Health Services for all
- Reduce Stigma, challenge myths and confront stigmatising language and attitudes
- Be Compassionate and practice kindness and empathy towards ourselves and others
- Advocate for Change and raise our voices to promote Mental Health as a Universal Human Right

Name and Signature



Date