

PLEDGE

TO FIGHT THE STIGMA OF MENTAL HEALTH AND SUBSTANCE USE CONDITIONS



I, _____, PLEDGE TO:
(YOUR NAME HERE)

- LISTEN TO PEOPLE WHO LIVE WITH A MENTAL HEALTH CONDITION OR A SUBSTANCE USE DISORDER AND REMEMBER THAT THE ILLNESS IS NOT THE PERSON
- EMPHASIZE PEOPLE'S ABILITIES, NOT THEIR LIMITATIONS
- CHALLENGE NEGATIVE STEREOTYPES ABOUT MENTAL ILLNESS OR SUBSTANCE USE IN THE MEDIA AND/OR AMONG THE PEOPLE I KNOW
- HONOR THE COURAGE AND PERSONAL STORIES OF THOSE WHO LIVE WITH MENTAL HEALTH CONDITIONS AND SUBSTANCE USE DISORDERS

PRINTED NAME*: _____

EMAIL*: _____

TELEPHONE: _____

**May we include your name on our website and/or related printed materials as having signed this pledge?*

YES ___ NO ___

(Your contact information will **NOT BE** included. Your name will not be used in connection to any subject other than our stigma work.)

**May we contact you OCCASIONALLY about our stigma work?*

YES ___ NO ___

(No more than two or three times per 12-month period)

YOUR NAME COUNTS

Add your name to the growing list of people and organizations that oppose the discrimination of people living with mental health conditions and substance use disorders!

THANK YOU!

By signing this pledge you are helping to eradicate stigma and discrimination against people with mental health and substance use challenges.