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.

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I PLEDGE TO

Take action to raise awareness about mental health.

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I PLEDGE TO

Be open to conversations about mental health.

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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