

# Take the *On Our Sleeves* Pledge



Your journey toward being a mental health advocate starts with just one action. If you're ready to make a difference, select which action(s) you plan to take.

By checking the box (or boxes) and signing, you're committing to helping others and breaking stigmas. Hang it up somewhere to remind you of what you're doing and why.

- ☐ **Stop the Stigma** – I will avoid words like “crazy” and “nuts” to describe people with mental health concerns. I will explain to others why language matters and encourage others to learn more about mental health.
- ☐ **Spread the Word** – I understand that mental health is as important as physical health and I will commit to sharing this with others in person, on social media and in other ways. I will ask at my workplace and local school what they are doing to help improve children's mental health and share resources that I find with them.
- ☐ **Share Mental Health Resources** – I will download and share evidence-based resources from organizations like [On Our Sleeves](#), [NAMI](#) or [Mental Health America](#). I will add the [988 Suicide & Crisis Lifeline](#) to my phone and be ready to share it with anyone who may need it.
- ☐ **Grow in Understanding** – I realize that I need more training to be able to help all of those in my life that I want to support. I will consider taking a mental health training class or attend a mental health event or conference.
- ☐ **Raise Funds** – I will help organizations that are trying to educate about children's mental health. I will consider giving money, participating in fundraisers like walks/runs or other charitable events. By helping organizations reach more people, I know that I'm helping more people than I can on my own.

By signing here, I'm committing to taking action for positive change:

Signature: \_\_\_\_\_

If you want an extra measure of accountability, think of a person whose mental well-being is important to you. Consider dedicating your pledge to that person by writing their initials below. You can decide if you want to share this with them.

Initials: \_\_\_\_\_