

THE BANDANA PROJECT

PLEDGE

In taking this bandana and these resources, I will...

- Listen if you talk about your mental health, and will respond without judgment
- Help direct you to mental health resources or support from a professional
- Understand that it is okay to both struggle with mental health and to get help
- Do my best to support you, wherever you are in your mental health experience
- Reach out for help for my own mental health when I need to
- Reject the stigma associated with mental health concerns and suicide
- Proudly say that you are not alone, you are cared for, and that help is available to you whenever you are ready

