



## Mind Your Mind Pledge 2017

I/We \_\_\_\_\_ pledge to:

- Do something every day to increase my mental health
- Encourage mental wellness in others: at home, work, school, and in my community
- Work to reduce stigma about mental illness and getting help
- Support others and speak out about the importance of mental wellness

Signed,

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_

[www.mindyourmindproject.org](http://www.mindyourmindproject.org)  
because mental wellness matters

---



## Mind Your Mind Pledge 2017

I/We \_\_\_\_\_ pledge to:

- Do something every day to increase my mental health
- Encourage mental wellness in others: at home, work, school, and in my community
- Work to reduce stigma about mental illness and getting help
- Support others and speak out about the importance of mental wellness

Signed,

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_

[www.mindyourmindproject.org](http://www.mindyourmindproject.org)  
because mental wellness matters