

The Stigma Free Pledge

I Stand with Those Impacted by Mental Illness & Substance Abuse Disorders!

I support those who have a mental health and/or substance use disorder, have a disability, or need any form of assistance. I support them regardless of race, gender, ethnicity, socioeconomic status, age, religion, and/or sexual orientation. I understand the importance of recognizing the impact of stigma and discrimination on others and the need to reduce it.

By taking this pledge, I will:

1. Educate myself about mental health disorders, substance use disorders, disabilities or differences;
2. Check myself by changing any discriminatory language I use - words matter;
3. Object to any labels that turn individuals into things;
4. Raise awareness by taking any opportunity to educate others; and
5. Know it starts with me.

These action steps lead to the positive improvement of the lives of individuals with mental health and/or substance use disorders. These steps also help individuals to fully participate in society in areas as basic as education, housing, and employment.

First Name _____

Last Name _____

Business Name (if applicable): _____

Initial _____

Please fill our and return this form to fsprotarystigmafree@gmail.com Your Information will not be shared. Thank you!

