



TAKE ACTION

FOR MENTAL HEALTH

I Pledge to Take Action for Mental Health

"I will **Check In** with myself to identify mental health needs.

I will **Learn More** about mental health.

I will **Get Support** for my own mental health, and support the mental health of others.

I will **share this pledge** with others, to help them take action too!"

Would you like to write your own **Pledge to Take Action for Mental Health?**

Write it below:

Signature and Date: _____

