

The Mental Health Pledge

Although we all aim to overcome the causes and impact of mental health problems, we understand that not everyone agrees on how to best achieve it. The broad principles of our pledge allow anyone to commit their support for mental health. This includes pledging to help overcome negative mental health stigma, promote positive mental health action, strengthen their own mental health education and create a friendly political environment.

I SUPPORT POSITIVE MENTAL HEALTH ACTION

I support measures that aim to overcome the causes and impact of mental health problems. I understand that opinions on how to best achieve mental health action differ. I will, however, actively support activities I believe will deliver effective action to overcome the causes and impact of mental health problems.

I PROMOTE GREATER MENTAL HEALTH AWARENESS

I support overcoming the stigma and misconceptions surrounding mental health. With the negative connotations of mental health often affecting people's willingness to seek needed support, I shall assist in creating a society free of stigmatisation and one in which people are more inclined to seek mental health support.

I SUPPORT A POSITIVE POLITICAL ENVIRONMENT

I support a positive political environment which does not undermine the mental health of those involved. I understand that the mental health of activists, political candidates and elected officials across all political views can be mentally impacted by in-person and online hate. I, therefore, remain respectful towards those with different political opinions from my own, helping to overcome a toxic political environment.

I SHALL CONTINUE LEARNING ABOUT MENTAL HEALTH

I understand the importance of learning the signs of mental health problems, placing me in a better position to detect and support those suffering with their mental health. I shall also continue learning about the causes and impact of mental health problems, allowing me to better support and advocate for effective mental health action.

Signed:

Date:

Name: