

**The
Space
We
Make:**

For Action.

**A group pledge to support
mental health—in our teams
and workplaces.**

We pledge to build a space where mental health is prioritized, supported, and protected. We will create an environment where every voice can be heard without judgment, and every person can bring their whole self to the table.

Name: _____ **Date:** _____

- We will speak up if we see stigma or bias in action.
- We will check in with our colleagues regularly.
- We will encourage open conversations about mental health.
- We will create a culture where self and community care are valued equally.

One action I will take this month to support my team's mental health:



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



**Opening
Minds**

If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.