

**The
Space
We
Make:**

For Action.

**A personal pledge to support
mental health—in ourselves
and others.**

I pledge to create a space where mental health matters. I will listen with empathy, speak with care, and take action to support myself and the people around me. I will prioritize my own mental health and advocate for others when needed.

Name: _____ **Date:** _____

- ☐ I will speak up if I see stigma in action.
- ☐ I will check in with a friend or loved one.
- ☐ I will use respectful language when talking about mental health.
- ☐ I will prioritize my own mental health without guilt.

One action I will take this month to support my own 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.