



STIGMA FREE

Stigma-Free Pledge

The Stigma-Free Pledge is part of the collaborative campaign led by Des Moines Valley Health and Human Services against the stigma of mental illness and creates hope for those affected by mental illness.

I Pledge to educate myself and others about the various stigmas in society and learn how negative perceptions and attitudes may affect people.

I Pledge to stand up for yourself, and others, who are targeted by people with negative perceptions.

I Pledge to be open to talking about mental illness and avoid language that puts someone down because of differences.

I Pledge to make a strong public commitment to live the values of respect and inclusion for all people with differences such as mental illness.

I Pledge to think about my responses to daily situations and change my attitude where I may initially judge someone who faces stigma in their daily lives.

Signed: _____ **Date:** _____

(print and proudly display)

A COLLABORATIVE CAMPAIGN AGAINST THE STIGMA OF MENTAL ILLNESS

Promote. Prevent. Protect



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Serving Jackson & Cottonwood Counties, MN
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