

Stigma-Free Pledge



The Stigma-Free Pledge is part of a collaborative campaign led by Des Moines Valley Health and Human Services to combat the stigma of mental illness. It creates hope for those affected by mental illness in Cottonwood and Jackson Counties, MN by promoting awareness that will break down barriers and encourage residents of all ages to be mindful of their mental health and ask for help when needed without the fear of Stigma.

- 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 myself 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:** _____

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