

**I PLEDGE TO**



**LISTENING** to people who live with mental health, substance use and/or developmental challenges, to gain understanding

**EDUCATING** myself about these challenges by using community resources *(like taking Mental Health First Aid Training)*

**TREATING** every person as a valuable member of our community

**SPEAKING** up for fair and respectful treatment of all people

**GETTING** others involved with the **#LookBeyond** campaign

**OPTIMIZING** my own wellness

**LET'S GO!**