

Get Your Green On Pledge

Commitment to Mental Health Awareness and Trauma-Informed Care

As a champion for mental health and wellness, I pledge to take action in fostering a supportive, informed, and stigma-free community. I commit to:

1. **Erasing Stigma Through Awareness and Action** – I will actively challenge harmful stereotypes, use person-first language, and share resources that educate and empower individuals to talk openly about mental health.
2. **Creating Safe and Supportive Spaces** – I will promote trauma-informed care by recognizing the impact of trauma, practicing empathy, and encouraging environments that foster healing and resilience.
3. **Advocating for Access and Equity** – I will support initiatives that expand access to mental health services and advocate for culturally responsive care that meets the needs of all individuals.
4. **Engaging in Community Support and Collaboration** – I will participate in *Get Your Green On* events, workshops, and initiatives that elevate awareness, build connections, and create lasting impact.
5. **Practicing Self-Care and Encouraging Wellness** – I will honor my own well-being through self-care practices and support others in prioritizing mental, emotional, and physical health.

By signing this pledge, I commit to being a voice for mental health awareness and trauma-informed care, ensuring that no one struggles in silence and that healing and hope are within reach for all.

Signature: _____
Date: _____