

# *Mentally Healthy Workplace Pledge*

On behalf of \_\_\_\_\_

I pledge our support for the mental health of all of our workforce. I will commit our team to doing our best at being proactive in promoting:

- Appreciation of employees and workers
- Creation of a supportive environment
- Identification of early signs of burnout
- An organizational culture which reflects value systems and beliefs
- Stress management
- Building awareness and reducing stigma
- Mental health wellness and providing support for employees who need it.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Position \_\_\_\_\_



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