

## OUR PLEDGE ON NORMALIZING MENTAL HEALTH CONVERSATIONS BY BUILDING A CULTURE OF COMPASSION

I, *Yetunde Omorode* pledge

1. To ensure that discrimination and stigma attached to mental health is reduced to the barest minimum, and I will do this by educating myself and the public properly.
2. To continue to learn, and boost my knowledge about mental health, gather resources and attend events in areas where I live and beyond.
3. To spread the word and encourage help seeking behaviors, I will walk the talk and be mentally aware.
4. To support people with mental health disorders, regardless of the settings, this could be in schools, work environments and in our communities.
6. To promote the provision of quality services for persons living with mental illnesses, on an equal footing as is available for physical health disorders.
6. To put self-care above grades and activities, by understanding and respecting my own limits, by taking time to enjoy today rather than stress about tomorrow.
7. To encourage others to join the campaign in normalizing mental health conversations, building a culture of compassion to take the pledge.