



JOIN THE MOVEMENT. TAKE THE PLEDGE!

Mental health and addiction are real, and no one should struggle in silence. Stigma creates barriers—barriers to understanding, to help, and to healing.

It's time to break the silence and support those who need it most. Stigma surrounding mental health and substance use keeps too many people from seeking the support they need. But together, we can create a culture of acceptance and compassion!

When you take the pledge, you agree to three steps:



Stand Up

I will educate myself and others by sharing facts about mental health and addiction to challenge misinformation.



Speak Up

I will use my voice to start conversations and share stories that break the silence around mental health and addiction.



Show Up

I will be there for those struggling—offering support, encouragement, and a listening ear without judgment.



Take the pledge and commit to being part of the solution.

www.oaksintcare.org
1-800-963-3377

