

Join other Californians in making your personal **Pledge to Take Action for Mental Health**. By making this Pledge, you commit to **Check In, Learn More, and Get Support** for yourself, your friends, and your community to improve everyone's mental health.

Turn this card over to take your personal pledge. Share your pledge with others and post on social media with the hashtags **#MakeThePledge** and **#TakeAction4MH**.



**CHECK IN**

**LEARN MORE**

**GET SUPPORT**

Get More Resources at: [takeaction4mh.com](https://takeaction4mh.com)

# I Pledge to Take Action for Mental Health



"I will **Check In** with myself to identify mental health needs.

I will **Learn More** about mental health.

I will **Get Support** for my own mental health, and support the mental health of others.

I will **share this pledge** with others, to help them take action too!"

Or write your own action items here

Signature and Date: \_\_\_\_\_

