

3 easy steps to pledge to #BESTIGMAFREE!

- 1 Fill out the #LookBeyond pledge, save it with a new name and email it as an attachment to: iwaldofsky@kazooomh.org
- 2 Print out your #BESTIGMAFREE pledge and display it proudly!
- 3 Visit our website www.LookBeyondStigma.org help spread the word about #LookBeyond!

☐ **I PLEDGE TO #BESTIGMAFREE!**
(CHECK BOX)

First Name: _____

Email Address (must be 13 or older): _____

Zip Code: _____

Home Address (only if no email): _____

☐ **Yes! I want to know about upcoming #LookBeyond events and free resources!**
(CHECK BOX IF INTERESTED)

Write your own encouraging message, share your story about stigma or let us know how you plan to be #BESTIGMAFREE

I PLEDGED TO



#LookBeyond

and #BESTIGMAFREE by

LISTENING to people who live with mental health, substance use and/or developmental challenges, to gain understanding

EDUCATING myself about these challenges by using community resources *(like taking Mental Health First Aid Training)*

TREATING every person as a valuable member of our community

SPEAKING up for fair and respectful treatment of all people

GETTING others involved with the **#LookBeyond** campaign

OPTIMIZING my own wellness

LET'S GO!