



The Stigma Free Pledge

Join the District 7475 Campaign to End Stigma

We Stand with Those Impacted by Mental Illness & SUD!

Statement of Support

As a supporter to individuals who may be of a different race, gender, ethnic, socioeconomic status, and/or sexual orientation background than I am; have a mental health and/or substance use disorder; have a disability; or need any form of assistance, I understand the importance of recognizing the impact stigma and discrimination has on others and the need to reduce it.

By taking this pledge, I will:

1. Educate myself about mental health disorders, substance use disorders, disabilities or differences to include race, ethnicity, socioeconomic status, gender, and/or sexual orientation;
2. Check myself by changing any discriminatory language I use, words matter;
3. Object to any labels that turn individuals into things;
4. Raise awareness by taking any opportunity or teachable moment to educate others; and
5. Know it starts with me.

These action steps lead to the positive improvement of the lives of individuals with a mental health and/or substance use disorder; a physical and/or intellectual disability; or need assistance. These steps also allow individuals to fully participate in society in areas as basic as education, housing, and employment.

Take the Pledge

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Last Name Freaney
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Rotary Club Madison

Email completed form to: 7475stigmafree@gmail.com