

PLEDGE

The goal of the Mental Health Task Force of Northwest Florida is to act as a positive catalyst influencing the working and communal culture by the promotion of wellness to include optimal mental wellbeing for the workforce in Escambia and Santa Rosa Counties.

One of the greatest ways to reach our community is to advocate where the great majority of time is spent, in the workplace. We are building a robust network of partners to make a positive difference across our great panhandle. Members of the network are asked to actively promote mental health and wellness in addition to encouraging their co-workers and employees to *Pledge 5, Ask 5, Take 5, and Give 5* in an effort to increase awareness of mental health resources and highlight the need for mental wellbeing.

Our Mental Health and Wellness Champions are recognized as true leaders and act as ambassadors at their own locations and throughout the community.

FROM PLEDGE TO ACTION, WE CAN MAKE A DIFFERENCE.

If you have a desire and commitment to make a positive impact on the mental health and wellness of your worksite, please take the pledge below.

As a Mental Health and Wellness Champion, our organization will pledge to:

1. Attend at least two (2) community meetings per year centered around mental wellness
2. Actively promote mental health and wellness at my worksite:
 - Spread the word about free mental health and wellness resources
 - Share resources and information about national wellness observances, local wellness events, useful online resources, etc.
 - Implement communication wellness campaigns and challenges issued from the Mental Health Task Force of Northwest Florida
3. Provide feedback to the Mental Health Task Force of Northwest Florida with thoughts and ideas regarding moving mental health initiatives/care forward
4. Engage in the community employer/leadership meetings to explore available resources, new concepts, and insights regarding mental health and wellness
5. Create a safe space in my workplace where employees can take brief mental health breaks, access mental care and other resources without shame and under anonymity where feasible

YES! I would like to be a Mental Health and Wellness Champion!

I agree to support the Mental Health Taskforce of Northwest Florida as a wellness champion, and to work with my management team(s) and worksite to support mental health initiatives and promote wellness. I understand that as a wellness champion, I will assist with empowering all employees to make informed decisions and engage in small changes that positively impact their health. The Mental Health Taskforce can count on me to be a messenger and source of motivation to improve attention to mental health resources and creating a culture where positive mental wellbeing and headspace is encouraged.

_____/_____/_____
Signature Date

Printed Name

Agency

