



THERE'S No Shame IN GETTING HELP FOR & MENTAL HEALTH & ADDICTION

SAFE Project's No Shame Pledge: A national movement to combat stigma

I UNDERSTAND THAT ADDICTION IS A DISEASE,

and I pledge to eliminate the stigma for individuals, family members, and friends experiencing it.

I COMMIT TO LEARNING MORE ABOUT THE DISEASE OF ADDICTION

and to changing the conversation surrounding it. I support those facing these challenges and want to provide them with a shame-free environment to overcome them.

I WILL LEARN MORE ABOUT FACTORS THAT CONTRIBUTE TO ADDICTIVE BEHAVIOR

such as mental health challenges and trauma – and encourage individuals to seek the help and treatment needed to address them.

FOR INDIVIDUALS IN RECOVERY, I PLEDGE TO SUPPORT THEM

in their recovery journey by providing supports, not barriers, as they continue their path of leading a self-directed, safe, productive, and successful life.



**JOIN THE NATIONAL MOVEMENT:
Take the No Shame Pledge.**