



# No Shame Education Program

Take action as an advocate to combat and eliminate stigma!

## FREE RESOURCE!

There is No Shame in asking for and seeking help for substance use and mental health challenges. Our No Shame Pledge aims to reduce stigma through education, support, and hope without judgement.

The No Shame Education Program increases individual understanding of the principles presented in the No Shame Pledge.

### PRESENTATION FORMAT & LOGISTICS:

- No formal training is needed
- SAFE Project is available to provide tailored implementation support upon request
- Comes with a complete visual presentation and facilitator's guide
- Allot a minimum of 60 minutes for program presentation

*Upon completion, individuals will be able to sign the No Shame Pledge and serve as advocates with a clear understanding of stigma reducing facts and sources of help and support.*

The No Shame Education Program gives everyone the tools they need to speak out against stigma and make safe choices. As part of the program, participants will:

- Gain an understanding of the concept of addiction as a disease
- Identify risk factors and links between addiction and mental health
- Define stigma and learn actions to end it
- Identify resources for help, support, and treatment
- Develop confidence as a No Shame advocate

**REQUEST THE  
PROGRAM  
TODAY!**



The No Shame Education Program is a FREE resource made available through our SAFE Choices initiative.



For more information about SAFE Choices, visit [www.safeproject.us/safe-choices](http://www.safeproject.us/safe-choices) or contact us via email at: [choices@safeproject.us](mailto:choices@safeproject.us)