



Take a small step:

- I pledge to tell my manager about the #Headway Healthy Minds at Work movement.
- I pledge to tell three of my colleagues about the #Headway Healthy Minds at Work movement.
- I pledge to participate in workplace programs that help employees connect with each other.
- I pledge to regularly recognize my colleagues for their accomplishments.
- I pledge to develop my own plan to be healthy at work.

Take a big step:

- I pledge to make mental health the focus of my company's next executive strategy meeting.
- I pledge to identify a training program that will help the leadership team learn how to reduce stigma in the workplace.
- I pledge to identify three resources that focus on mental health in the workplace and become familiar with their offerings.
- I pledge to build a culture where my employees are regularly recognized for their accomplishments.
- I pledge to help create more opportunities for employees to connect with one another.

Take a giant leap:

- I pledge to talk to three CEOs about the #Headway Healthy Minds at Work movement and what my company is doing to support mental health in our workplace.
- I pledge to talk to our benefits provider about improved options to prioritize mental health in the workplace.
- I pledge to develop and launch a flexible workplace policy.
- I pledge to help our employees develop their own plans to help them be healthy at work.
- I pledge to share my personal mental health story at our next team meeting.