

Make your mental health a priority

Welcome to the challenge to increase awareness about mental health!

Use the information you learned in the campaign handouts and flyers to develop at least one specific goal that you will implement related to mental health and wellbeing. Write your goal in the space provided.

Challenge log: Make your mental health a priority

Campaign call to action	I will...
Make a commitment to learn as much as possible about mental health and do your part to reduce the stigma.	
Take charge of your lifestyle and make your mental health a priority.	
Speak to your GP or call your employee assistance programme as soon as possible if you notice symptoms of poor mental health in yourself or others.	
Pay attention to the mental health needs of children, teenagers and older adults in your family or community.	
At the earliest signs of stress, take steps to prevent negative feelings. If you begin to experience feelings of anxiety or depression, seek professional mental help immediately.	

Campaign call to action	I will...
Make a list of the questions or concerns that you'd like to discuss with your GP or other mental health professional.	
Foster a positive and supportive work culture so that troubled colleagues feel safe asking for and receiving help.	
Be positive and hopeful. Take care of yourself so that you can support and care for others.	

Submitted by: _____

When the campaign ends, submit your challenge log containing your goals to:

Who _____ Where _____ By date _____

Be sure to complete an evaluation survey to let us know your experience and help us plan for future wellness campaigns.

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