



The CEO PLEDGE

Personal Leadership | Educate yourself and other top executives in understanding mental illness and best practices in the workplace. Start by sending a memo to all employees stressing the importance of ending the stigma associated with mental health. A template can be found at ceos.namikeystonepa.org.

Free Workplace Trainings | Partner with NAMI Keystone Pennsylvania to bring free educational trainings into your workplace for employees and executives, including NAMI's *"In Our Own Voice"* (IOOV) anti-stigma presentation.

Stigma-Free Workplace | Work with NAMI Keystone Pennsylvania to promote productivity by encouraging open dialogue among employees about mental illness. Start by distributing and posting NAMI Keystone Pennsylvania materials for employees and managers.

Helpful Health Benefits | Examine employee health and wellness benefits to ensure availability of effective benefits for mental illness and addiction.

Employee Assistance Program | Review your company's Employee Assistance Program (EAP) to ensure it is welcoming to individuals with mental health conditions and effective in providing assistance. If your company doesn't currently have an EAP, strongly consider implementing a program.

CEOs Against Stigma Ambassador | Participate with NAMI Keystone Pennsylvania through linked websites and media awareness to educate the public about how to move beyond stigma.



I would like more information on workplace trainings at _____.
(company/organization)

To move forward with this partnership, please contact _____,
(executive's name)

_____ at _____
(executive's title) (email or phone number)

to schedule trainings or a meeting to discuss the project further.

(signature)

(print name)