

Mental Health Pledge

1 in 4 people will have a mental health problem this year, but too many people are made to feel isolated and ashamed as a result.

Our attitude towards mental health can have a real impact on the people around us.

AFI are asking delegates at their 2017 Driving Innovation Day to make a Mental Health Pledge.

Thereby AFI ask you to make one or more of the following Pledges to make a change.

Words may inspire..... but only action creates change

Please tick one of the following

1. I Pledge to take the 'Considerate Constructors' Mental Health E-Learning course in the next 7-days.
ccsbestpractice.org.uk/e-learning/
2. I Pledge to make contact with 'Construction Mental Health' email: Martin.Coyd@macegroup.com programme to see how the program can suit my business.
3. I Pledge to make contact with British Safety Council 'Mates in Mind' programme to see how the program can suit my business.
www.matesinmind.org/
4. I Pledge to watch the Crossrail Health & Safety Impact Series: 'Gary's Story' in the next 7-days.
www.youtube.com/watch?v=MmvZ8I5cfNM

5. *I Pledge to:* _____

Optional

Name: _____

Company: _____