



# #MGHPledge

I pledge with my signature



## Learn more

Educate yourself and others about anxiety disorders and depression in adolescents. Identify the symptoms, know that it is treatable, and dispute the myths that contribute to the stigma. Anxiety and depression are not weaknesses; they're illnesses. They don't discriminate. Through education, we can chip away at the stigma associated with mental health conditions. Through education, we can help those in need, which in turn may just save a life! **Learn** more.



## Talk more

One of the most difficult steps for those who struggle with anxiety and depression is opening up about their condition and seeking help for it. If you break a leg, you seek help from a doctor. If you need to improve your grades, you seek help from your teacher. If you need to improve your performance on the field, you seek help from your coach. If you need help with anxiety and depression, there is no shame in seeking help for your mental health! **Talk** about it. Ask for help.



## Erase the Stigma

Until we erase the stigma associated with mental illnesses, teens will continue to suffer in silence for fear of being "shamed" or labeled "weak" or being told to "Get over it. It's nothing." If you had cancer, no one would say, "Get over it." Anxiety and depression are illnesses. There is no room for Stigma. Compassion and understanding must prevail. Together, we can **Erase the Stigma** associated with teen anxiety and depression. **YOU ARE NOT ALONE!**