



By displaying the Safe Person Decal, you show your commitment to listen and support others through the 7 Promises. Become a beacon of hope and understanding for those in need.



Explore Safe Person resources today!
eliminatestigma.org

Support people living with mental illness

More than half of people today will be diagnosed with mental illness or a substance use disorder at some point in their lives. You can offer understanding, hope, and support. Embrace these 7 Promises to become a safe, supportive person for those struggling with mental health and addiction challenges, and display the Safe Person decal to show your care.

The Safe Person 7 Promises

- 1 Acknowledge that reaching out for support is a strength
- 2 Listen and react non-judgmentally
- 3 Respond in a calm and reassuring manner
- 4 Reflect back the feelings, strengths, ideas you hear when listening
- 5 Ask how you can be helpful and respond as you're able
- 6 Do what you can to connect to other supports if asked
- 7 Maintain confidentiality and communicate if exceptions exist



The Safe Person decal is free for use and sharing. When displaying, please include the 7 Promises and link to the web page to help spread awareness and support. The decal is available in English and Spanish.

A program of:

wise END STIGMA TOGETHER
one story at a time