

RESOURCES TO OFFER HOPE AND SUPPORT TO THOSE STRUGGLING



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](https://www.safeperson.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 you 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, and ideas you hear when listening
- 5 Ask how you can be helpful and respond as you are 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.

wise END STIGMA TOGETHER
one story at a time

ROGERS
Behavioral Health