

Pledge to #GETLOUD for mental health!



CMHA Kelowna believes in a mentally healthy community – one where people aren't afraid or embarrassed to ask for help.

One of the biggest barriers we face is STIGMA that is perpetuated by SILENCE. We need your help to end the silence.

Go to:
www.okgetloud.com

Take the PLEDGE to:

- **TALK** openly to a loved one, friend or counselor about your mental health.
- **SHOW** empathy and support to friends and family with mental health issues.
- **SHARE** with friends and family members and #GETLOUD and commit to breaking the silence that keeps people from getting the help they need.

For every pledge made, The Thomas Alan Budd Foundation will donate \$1 to the Kelowna Branch of the Canadian Mental Health Association (to a maximum of \$5000).

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