



I TOOK THE NO SHAME PLEDGE!

I have committed to doing my part to stop the stigma surrounding addiction and mental health challenges by empowering others while encouraging care, treatment, and recovery.



JOIN THE NATIONAL MOVEMENT: Take the No Shame Pledge.

I UNDERSTAND THAT ADDICTION IS A DISEASE,

and I pledge to eliminate the stigma for individuals, family members, and friends experiencing it.

I COMMIT TO LEARNING MORE ABOUT THE DISEASE OF ADDICTION

and to changing the conversation surrounding it. I support those facing these challenges and want to provide them with a shame-free environment to overcome them.

I WILL LEARN MORE ABOUT FACTORS THAT CONTRIBUTE TO ADDICTIVE BEHAVIOR

such as mental health challenges and trauma – and encourage individuals to seek the help and treatment needed to address them.

FOR INDIVIDUALS IN RECOVERY, I PLEDGE TO SUPPORT THEM

in their recovery journey by providing supports, not barriers, as they continue their path of leading a self-directed, safe, productive, and successful life.

Once you take the pledge, please post a photo of yourself with your No Shame Certificate on social media and tell everyone what No Shame means to you or, why you joined the No Shame Movement.

Be sure to tag **@JamieDanielsFoundation** and **@SAFEProjectUS**, and use the tags **#NoShame** and **#MentalHealthAwareness**. Also, please encourage others to take the pledge by going to **JamieDanielsFoundation.org**