



STARTS HERE

PLEDGE TO TAKE CARE OF YOUR MENTAL HEALTH

Stress, anxiety & tough days happen, but together, we can build resilience, look out for each other & make mental health a priority in Idaho.

ALL MINDS ARE STRONG MINDS



When you sign the pledge, **YOUR NAME** will appear on our **STRONG MINDS WALL...**
a public show of youth **STRENGTH, UNITY & HOPE!**

Join youth across our great state in taking the...

STRONG MINDS IDAHO PLEDGE

Take care of my mental health.
Support friends when they need it.
Ask for help when I'm struggling.
Share mental health resources.



X Your Name Here

Plus, get a *** FREE ***
Strong Minds
Croc Jibbitz charm
& Mental health
Resource Kit
when you Pledge!



Take the pledge TODAY at STRONGMINDSIDAHO.COM



PROJECT BY:



rising voices
IDAHO

IDAHO BEHAVIORAL
HEALTH COUNCIL
Prevention
Subcommittee

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YOU'RE NOT ALONE!

988 SUICIDE & CRISIS LIFELINE
Call or text 988

CRISIS TEXT LINE
Text HOME to 741741

IDAHO CARELINE
Call 2-1-1

NEED TO TALK?