NeuroBloom
TECHNOLOGIES

THE COMMUNITY CARE PLEDGE

No one faces it *alone*.

I pledge to help make my community a place where no one faces a mental health struggle alone. During a crisis and beyond it, I will:

1. **Learn**
   Learn the common signs of mental health struggles and suicide.
2. **Notice**
   Pay attention to changes in the people I teach, serve and work beside.
3. **Ask**
   Ask directly and kindly, including “Are you thinking about suicide?”
4. **Listen**
   Listen without judgment and honor each person’s culture, identity and dignity.
5. **Stay calm**
   Respond with calm, respect and de-escalation, keeping safety first.
6. **Connect**
   Connect people to help: 988, school and community supports, and 911 when a life is in danger.
7. **Follow up**
   Check in after the crisis has passed, because recovery happens over time.
8. **Speak up**
   Challenge stigma with my words and actions, and care for my own mental health too.

As a teacher

I will make my classroom a place where every student knows at least one trusted adult, where help-seeking is normal, and where I walk students to support instead of sending them alone.

As a first responder

I will treat every behavioral health call as a health call, slow the scene down when it is safe to do so, and leave people connected to care, not just stabilized.

Take the pledge and get your certificate at **neurobloom.care/pledge**

Notice. Ask. Stay. Connect.

In crisis? Call or text **988** or chat 988lifeline.org
Life in immediate danger: call **911**