



# CARIBBEAN YOUTH MENTAL HEALTH PLEDGE

For too long, mental health has not been a priority in our region. COVID-19 has amplified existing mental health stressors in our Caribbean society, especially among youth. It has highlighted the notation that there is truly no health without mental health. It is clear now, that good health does not occur in silos, holistic policies are needed to protect our youth and to promote good overall health and well-being, which includes mental health. We need all hands on deck to work together to improve the mental health of our communities and to hold our policy makers accountable for actioning these changes.

## You can help us achieve this!

With your help, we can begin to work towards improving the mental health of our Caribbean youth. Your support takes us one step closer to our overall goal: A healthier Caribbean.

Join us in our commitment to prioritise, destigmatize and normalise mental health among our Caribbean children and young people. By signing onto our Caribbean Youth Mental Health Pledge, you are vowing to work towards emphasising the Call to Action, advocating for the actions to be implemented by your policy makers and strive towards improving the mental health of our Caribbean Youth. In addition, by signing this pledge, you are affirming your personal vested interest in the Caribbean Youth Mental Health Call to Action and you are declaring that the positions, views and agreements are your own volition.

## I am committed to the following:

- To support the Caribbean Youth Mental Health Call to Action to prioritise, destigmatize and normalise mental health among our Caribbean youth.
- To support and advocate for our policy makers to prioritise the integration of mental health into existing health policies and emergency plans and ensure youth are meaningfully engaged in policy development.
- To support and advocate for our policy makers to prioritise research (free of conflict of interest) to inform mental health programs and policies.
- To support and advocate for our policy makers to protect children and youth from health-harming products, harassment, stigma and discrimination.
- To support and advocate for our policy makers to prioritise the improvement of the mental health services across settings in my country and community
- To work towards improving my mental health and advocate for the mental health of others around me.