[YOUR ORGANIZATION’S LOGO] [DATE]

I am proud to announce to all of our employees that I am teaming up with NAMI Keystone Pennsylvania by signing on to become a ***CEO Against Stigma***.

The goal of the [***CEOs Against Stigma***](ceos.namikeystonepa.org) initiative is to raise awareness of the impact mental illness is having on the workplace, increase worker productivity by providing education and support to employees, and reduce overall mental illness stigma in the workplace.

We are going to work aggressively to guarantee a healthy workplace for all [ORGANIZATION NAME] employees, including those who have mental health conditions or those who have family members living with mental illness.

In Pennsylvania, one out of every five adults will experience some form of mental illness this year, including depression and anxiety. But, too many people will never seek treatment because they fear the stigma associated with such conditions. Mental illnesses are the single greatest cause of lost productivity at workplaces across the country. We can change that!

I am contacting our managers to discuss ways to promote a protected work environment for those employees who experience mental health issues. All employees will receive resources for taking care of your mental health in the workplace. And, all of us will have an opportunity to attend NAMI’s [***In Our Own Voice***](https://www.namikeystonepa.org/education/programs/) presentation, a signature program featuring individuals living with mental illness who openly share their personal stories about the onset of their illness, their quest for answers, and how they are achieving recovery. We will also examine our health benefits to ensure the Employee Assistance Program (EAP) is welcoming and effective in addressing your needs.

For this effort to succeed, I need the help of everyone at [ORGANIZATION NAME]. Here are a few important things you can do:

* Learn the truth about mental health conditions. Stigma comes from ignorance.
* Check out NAMI Keystone Pennsylvania’s ***CEOs Against Stigma*** website: [**ceos.namikeystonepa.org**](ceos.namikeystonepa.org)**.**
* Reach out, listen, and help. Communication discourages stigma.
* If you are encountering mental health issues, please reach out to a manager or human resources. I want to help you resolve your issues and remain an effective part of our team.

It’s up to all of us to create this change, but it starts with me. I pledge to provide a workplace that is stigma-free and safe for all [ORGANIZATION NAME] employees who have mental health challenges.

Thank you,

[YOUR NAME]