

Gowling WLG Commits Campaign

Here is a sampling of the personal commitment statements that were submitted:

I will be open about my mental health challenges and ongoing recovery to illustrate that it is possible for anyone to overcome a battle with their personal demons. I will work to reduce the stigma surrounding mental illness and serve as an example that — with the right assistance, tools and support — struggling individuals can and will get better.

I will ensure that we offer a safe and healthy office environment for all, and that everyone has access to the resources they need to work in a manner that supports their well-being and productivity.

I commit to approaching, and listening to, others with an open and non-judgmental spirit.

I commit to contributing positively to the solution while taking a position of kindness and support at all times.

I will commit to ensuring that everyone feels comfortable discussing mental health challenges in our workplace. Understanding that all of us have our own unique strengths and perspectives, I will always be an attentive, unbiased advocate for colleagues who confide in me.

I commit to always being kind because everyone you meet is fighting a battle you know nothing about.

I will always be open and honest when it comes to my mental health. And I will steadfastly support any colleagues who are facing their own challenges.