



nami California
National Alliance on Mental Illness

May is Mental Health Awareness Month: Advocacy Activities

NAMI California affiliates advocate in local communities all year, but May is an important month to remind local policymakers about issues that matter to us and to ask them to help raise awareness and reduce stigma. Here are some activities you can do, and some tools NAMI California has created to help:

1. Pass a Resolution with Your Board of Supervisors and/or City Council Recognizing May as Mental Health Awareness Month
 - Take the attached model resolution to your Board of Supervisors or City Council and ask that they pass it to proclaim the importance of mental health awareness and stigma reduction, and to recognize the month of May.
 - Promote the resolution through media, social media, and community events.
2. Meet with Your Federal Representative about Mental Health Reform
 - Share the work of your affiliate with him/her and discuss the importance of mental health reform.
 - Background information is available from NAMI National:
<http://www.nami.org/mentalhealthreform>.
3. Meet with Your State Legislators about NAMI California's 2016 Policy Priorities:
 - NAMI California's 2016 policy priorities include: peer and family specialist certification, housing, and crisis services.
 - Contact Marcel@namica.org for talking points and assistance with arranging your meeting.

Whichever activity you pick, here are some tips:

- Take pictures! We love to share what you do with the world. Send us your pictures at advocacy@namica.org.
- Share materials about your affiliate's programs with your local policymakers.
- Sign up for NAMI California's advocacy network to share your ideas and results with other affiliate leaders. Email marcel@namica.org to join the network.