

# Join us for Mental Health Matters Day!



March 13<sup>th</sup>, 2019 @ 8:00 a.m.  
Meeting Room 6 in the Empire State Plaza

## What is Mental Health Matters Day?

Mental Health Matters Day is an annual day-long legislative advocacy event sponsored by the Mental Health Association in New York State, Inc. (MHANYS) that is **free** for all participants.

We advocate for non-partisan issues related to mental health policy initiatives that impact our communities. While we encourage participants to advocate on behalf of the Association's legislative agenda, you are not required to promote any specific legislation.

## Students will...

- ★ Meet local representatives
- ★ Actively engage in the legislative process
- ★ Gain an appreciation for the importance of advocacy
- ★ Learn about important policy issues related to mental health
- ★ Receive a Mental Health Matters t-shirt

## Have students participated in the past?

Yes! Students in Participation in Government, Health, and Psychology classes, and School Wellness Clubs have attended. Their grassroots advocacy efforts were instrumental in the passage of laws, such as Mental Health Education in NYS schools, anti-stigma campaigns, Timothy's Law (Mental Health Parity), and funding for the implementation of the School Mental Health Resource and Training Center.

## Tentative Schedule

**8:00 - 9:00**

Student check in;  
free breakfast,  
attendees receive t-shirt  
and legislative materials

**9:00 - 11:30**

Information on relevant issues,  
tips on how to advocate,  
guest speakers (ie: government and  
behavioral health advocates)

**11:30 - about 2:00**

Rally on steps of the Capitol,  
lunch on your own,  
visits with your local  
legislative representatives

**\*\*MHANYS will schedule legislative appointments and arrange for bus parking\*\***



To register, email [schools@mhanys.org](mailto:schools@mhanys.org)  
For questions, contact John Richter, Director of Public Policy at (518) 434-0439

