

Join us for Mental Health Matters Day!



March 13th, 2019 ~ 8:00 am to 3:00 pm
Meeting Rooms 5 and 6 in the Empire State Plaza

What is Mental Health Matters Day?

Mental Health Matters Day (MHM 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. This event provides an opportunity to actively engage in the legislative process.



Have Schools Participated in the Past?

Yes! Students in Participation in Government, Health, and Psychology classes, and School Wellness Clubs have attended. While we encourage participants to advocate on behalf of the Association's legislative agenda, schools will not be required to promote any specific legislation.



What Can Schools and Student Groups Expect?

In preparation for MHM Day

- ✓ Access to webinars to educate youth about advocacy and mental health issues.
- ✓ Corresponding lesson plans, including information related to MHANYS' Legislative Agenda.
- ✓ Social Media Toolkit to promote your school's participation and raise awareness about mental health issues.
- ✓ Assistance with scheduling appointments with Legislators and arranging for bus permits.

On MHM Day

- ✓ Free t-shirt, breakfast, lunch and program materials.
- ✓ Support from one of our staff to act as your personal "host".
- ✓ The opportunity to hear from guest speakers, behavioral health advocates and legislators.
- ✓ Meeting with local legislative representatives.
- ✓ The opportunity to connect with other students and participate in rally.

Following MHM Day

- ✓ Share your experiences via social media or during a Board of Education meeting.
- ✓ Continue to advocate and promote mental health and wellness in your community by attending local government meetings and writing a letter to the editor of your local paper.
- ✓ Write follow-up thank you notes to legislators and school officials.

For event schedule, visit <https://mhanys.org/events-main/mental-health-matters-day/>



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

