

Why You Should #Vote4MentalHealth



This election season, you'll hear many different messages about a lot of different issues – from the economy to health care to education to criminal justice. but did you know almost every issue impacts people affected by mental health conditions? When you #Vote4MentalHealth, you help ensure that mental health is included in the conversation.

It's not just every issue. Our elected officials – from the president and congress to county commissioners and city councilmembers – make decisions that impact the availability of mental health services and supports in our communities. To #Vote4MentalHealth is to understand how our policymakers at every level of government impact mental health.

How to Get Involved & #Vote4MentalHealth

Millions of Americans will exercise their right to vote this year – don't be left out! Join us to #Vote4MentalHealth.

- **Want to learn more about candidates on your ballot?** NAMI will never tell you how to vote. Instead, we encourage you to research key issues that impact you. Here are some places you can learn more about each candidates' priorities: candidate websites and social media accounts; reliable, nonpartisan news outlets; or visit vote4mentalhealth.org/key-issues to learn more about issues impacting mental health.
- **Educate you candidates about mental health.** Candidates will have many "meet and greet" events leading up to the election. Here are some tips for engaging with candidates.
 - Learn about all candidates – not just the ones you think you support.
 - Share your story! Candidates want to hear about your experience in the community.
 - Ask open-ended questions and be ready to share your own thoughts if the candidate asks.
 - Talk to campaign staff. Staffers will be able to tell you where the candidate stands if you cannot speak with the candidate directly.

- **Pay attention to local races.** While the federal election tends to get the most media attention, your local officials are also up for election. Policymakers at the local level make decisions that impact community health services and supports, criminal justice, education, housing and more.
- **Make a plan to vote!** Once you register to vote, decide if you will vote in-person or absentee. If you plan to vote in-person, be sure to look up your polling place. Make a plan for transportation. Will you walk, drive or take public transportation? Can you carpool with a friend or neighbor? Get started at <https://vote4mentalhealth.org/plan/>.
- **Encourage others to vote!** Tell your friends and family that you plan to #Vote4MentalHealth and encourage them to do so as well. Share why you vote on social media to encourage your connections to vote. We have resources available to help spread the word at <https://vote4mentalhealth.org/whyivote/>
- **And most importantly: be sure to vote!** Learn more about your early voting options, request an absentee ballot, or find your polling place at vote4mentalhealth.org/resources.

Mental health is on the ballot every election. When you #Vote4MentalHealth, you make sure your elected officials know that mental health should be a priority this election – and beyond.

About #Vote4MentalHealth

#Vote4MentalHealth is a campaign led by NAMI, the National Alliance on Mental Illness, to promote nonpartisan voter participation and elevate discussions about mental health policy during the elections. Please note, we do not endorse, represent or warrant the accuracy or reliability of any of the information obtained from third party sources. Your decision whether or not to vote is 100% voluntary and NAMI is in no way seeking to influence your political affiliations or beliefs.



www.vote4mentalhealth.org