



**MENTAL
HEALTH
ADVOCACY**

RESOURCE TOOLKIT



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MENTAL HEALTH ADVOCACY

INTRO



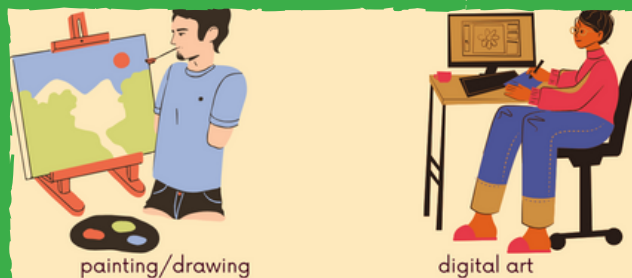
To kick off the new year, we're excited to introduce January's Mental Health Advocacy Toolkit! This resource is designed to help you and your community support mental health. So, what is advocacy? It's all about breaking down stigma, spreading awareness, and ensuring everyone gets the help they need. Advocacy can be thought of as a continuum: it can be as simple as self-advocacy (like speaking up for yourself) or as big as legislative advocacy (like pushing for changes in laws and policies). By advocating, we can build a more inclusive and supportive environment not only for ourselves, but for everyone. Every action, big or small, can contribute to a movement for mental health equity.

ADVOCATE WHILE USING YOUR PHONE

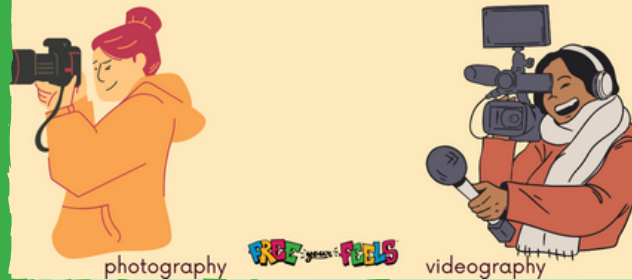
Pick up your phone and call someone!
Let them hear your tone.

Send text messages with clear communication/resources if necessary.

Follow and share accounts and resources on social media.



ADVOCACY IS IN ART



YOUR WORDS MATTER



Advocate in your language/communication style, including ASL and Speech Assistive Technology!

Use your writing skills to send an email, write a letter, or create a blog post.



FOR EVERYONE



Join fellow advocates, community members, peers, and others in celebrating Mental Health Day at the Capitol 2025! The Behavioral Health Services Coalition is excited about this year's event, which will feature inspiring speakers and opportunities to connect with organizations and other advocates. You can choose to attend as a passive participant or take a more active role by signing up to meet with your legislators and encouraging them to support mental health legislation this session. Everyone who meets with their legislators will receive a free t-shirt!

BHSC Behavioral Health Services Coalition 

MENTAL HEALTH DAY AT THE CAPITOL

TOGETHER For Mental Health

WEDNESDAY: 22 JAN. 2025 **START AT: 8AM**

LOCATION: GEORGIA FREIGHT DEPOT
GEORGIA STATE CAPITOL

REGISTER TODAY AT:
[HTTPS://TINYURL.COM/MHD2025](https://tinyurl.com/MHD2025)

FREE TO THE PUBLIC!

The flyer features a group of diverse people in green t-shirts holding blue signs that say "TOGETHER For Mental Health" and "#VOTEMENTALHEALTH".

ACTION

Learn more and register to attend 2025 Mental Health Day at the Capitol here.



FOR URGENT SUPPORT TEXT OR CALL 988

FOR YOUTH



Today, more than ever, young people have numerous opportunities to express themselves and voice their opinions on important issues. Developing self-advocacy skills is crucial to ensure you're prepared to speak up when needed and when you're ready. Self-advocacy involves standing up for yourself and your beliefs. From public speaking to social media, you can elevate your voice and use it to create change.

ACTION

Read [this blog post](#) on Georgia Career and Technical Instruction's website, which discusses the importance of self-advocacy for high school students, particularly those with disabilities.



FOR YOUTH



BONUS ACTION:

Ready to take a deeper dive? This comprehensive Youth Advocacy Guide, co-created by UNICEF and young people, equips youth with knowledge about what advocacy means, guidance on tackling issues they see in their community, and skills to bring about positive change.



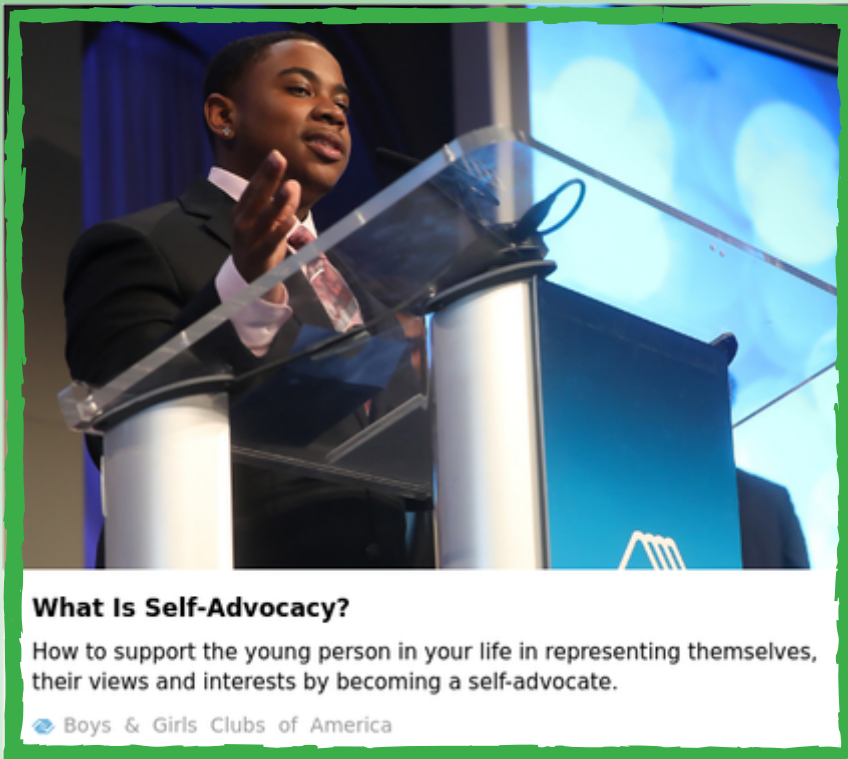
Advocacy can be a small act, such as telling a friend not to bully, and encouraging your friends to do the same. It can be more independent, such as researching and providing health information to a community leader to help promote healthy lifestyles. Or it can be about communicating ideas, such as writing a blog or sharing your experiences. Advocacy can also be about changing rules or laws and organizing legal demonstrations or rallies to support a cause.

– UNICEF’s Youth Advocacy Guide

FOR PARENTS & CAREGIVERS



The Boys & Girls Clubs of America (BGCA) has outlined the concept of self-advocacy, highlighting its significance for young people. Adults can help by empowering them to make informed decisions and apply these skills in various situations, such as in education, healthcare, and personal relationships. The goal is to equip youth with the confidence and tools they need to advocate for themselves effectively.



ACTION

Here are four strategies, offered by BGCA, to help the youth in your life develop self-advocacy skills.



FOR EDUCATORS & PROFESSIONALS



The On Our Sleeves Movement for Children's Mental Health, founded by Nationwide Children's Hospital, provides guidance on becoming a mental health advocate. It emphasizes the importance of supporting others, staying educated, and standing up for mental health causes. Advocates can help by ensuring that mental health needs are met, defending the rights of those affected, and staying informed about new developments.

ACTION



Read this blog post (and/or watch this video) which encourages individuals to use their voice to inspire others and create a movement for mental health support!





QUESTIONS? CONTACT

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