

# Ten Ways to Advocate

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Our ongoing advocacy work builds support for public policies to protect and improve mental health services, increase access to mental health services, and support effective recovery services for adults with mental illness and children and young adults with mental health needs. Join us.

## 1. Become a Member of NAMI.

There is strength in numbers and we need all who care about mental health to stand up and be counted. [Join NAMI today](#). Joining NAMI will automatically make you a member at all three levels: national, state, and your local affiliate.

## 2. Tell Your Story.

Our lived experiences and stories help put a face to mental illness. There is power in your story and each story has the ability to impact change. [Share your story today](#).

## 3. Get Involved Locally.

Click [here](#) to find your local affiliate and become involved in local advocacy efforts.

## 4. Attend Mental Health Advocacy Day.

Join advocates in Richmond during the legislative session to meet with lawmakers to advocate for more funding and better laws and put a face on the issues we care about. No experience necessary. [Learn more here](#).

## 5. Follow us on [Facebook](#).

## 6. Write a Letter to Editor.

Writing a Letter to the Editor (LTE) in your local newspaper is an excellent and relatively simple way to educate the public and advocate for our issues. Get tips and tools [here](#).

## 7. Join our Action Network.

We'll send you important updates and action alerts so that you can speak out and be heard. [Sign up here](#).

## 8. Learn the Process.

An informed advocate needs to understand the basics. Learn the basics about how a bill becomes a law and what the budget process in Virginia is. Check out our resources and [increase your knowledge](#).

## 9. Deliver Public Comments.

Public policy and budget decisions affect each and every one of us and our communities. Sometimes even the best decisions can have unintended effects for different members of our community. That's why it's critical that people make their voices heard. [Learn how to deliver effective public comments](#).

## 10. Walk the Talk.

*NAMI Walks* is an event to raise funds and awareness around mental health. [Join us](#) for this inspiring family and community event.