

Let's Build Your Advocacy Backpack!



School Mental Health
Resource Training Center



MHANYS
Mental Health Association
in New York State

*What is
public
policy?*

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*What
is
advocacy?*

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*How will
you be an
advocate?*

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To make positive change, our voices play a critical role. And when we understand public policy and advocacy, we are better prepared to share our voice.

Becoming an advocate can seem intimidating at first, but [MHANYS Legislative Action Community](https://www.mhanys.org/legislative-action-community) provides practical steps for getting started.



To take action, visit:
[MHANYS.org/action](https://www.mhanys.org/action)

Responding to each question, write down six bullet points you feel are most important for you when you advocate.

Examples: “Public policy can effect many people”
“I will meet with my legislators”