

ADVOCATE FOR CHANGE!

By definition, advocacy is “the act of speaking, writing, or acting in support of something or someone.” There are many ways to advocate. We all have different skills and communication styles.

WHY DOES IT MATTER? Everyone who experiences mental illness deserves the right mental health services and supports at the right time. Because with those key supports in place, recovery is possible. To make that happen, we have to let elected officials, the media and the general public know what is needed.

HOW CAN I SHARPEN MY ADVOCACY SKILLS? NAMI Wisconsin and other organizations offer grassroots advocacy trainings that help you develop the fundamental tools needed for effective advocacy: a clear-cut understanding of why advocacy matters and the ability to use your personal experience as an advocacy tool. NAMI Wisconsin also has materials to help you better understand the mental health system and current issues.

HOW DO I GET INVOLVED/LEARN MORE? Reach out to your local NAMI affiliate and/or NAMI Wisconsin! NAMI was built from grassroots advocacy and continues to thrive because of passionate local voices. You don't need to be a policy expert, brilliant speaker or writer to be an advocate. You just need your personal passion and experience! Visit namiwisconsin.org/take-action to learn more.

WHO REPRESENTS ME?

TO FIND YOUR STATE AND FEDERAL REPRESENTATIVES, visit legis.wisconsin.gov, click on “Find my Legislators” and type in your home address.

TO FIND YOUR LOCAL ELECTED OFFICIALS, visit wicounties.org/resources.iml to find a listing of county websites. Each county's website is different, but you can find a tab labeled “county government,” “elected officials” or “county board” that will put you on the right track.