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# SCHEDULE-AT-A-GLANCE

**MONDAY, JANUARY 22, 2018**

6:30 PM  NAMI GEORGIA – Dinner and Advocacy Training  
4120 Presidential Parkway, Suite 200 Atlanta GA 30340

**TUESDAY, JANUARY 23, 2018**

Behavioral Health Services Coalition (BHSC) Mental Health Day at the Capitol

The event begins at The GA Freight Depot located at 65 MLK Jr. Dr., Atlanta, GA 30334 (see map on page 3) then we will head to the Capitol

7:30 AM  Volunteers needed to show up for event set-up

8:00 AM  Behavioral Health Services Coalition (BHSC) Mental Health Day at the Capitol

A light breakfast will be served on a limited first-come, first-served basis. Please plan to arrive early if you desire to eat.

Local mental health leaders will then address group on key topics.

10:45 PM  Head to the Capitol to meet with legislators

**PLEASE PLAN AHEAD:**

- Contact your legislator early to seek an appointment and let them know you are coming.
- You MUST HAVE your driver’s license or government issued ID to get inside the buildings.
- At the Capitol, the public may only enter through the Courtland Street (2nd floor) and Capitol Square (basement) entrances.
TIPS FOR MEETING WITH YOUR GA GENERAL ASSEMBLY

KNOW NAMI GEORGIA’S KEY POINTS

- Review the talking points on Georgia PEACH Act and parity for mental health and on Georgia’s mental health issues.
- Decide as a group on the 1-2 other issues that you want to talk about in your meetings.
- Learn about your members of the Georgia General Assembly

BE FLEXIBLE

- Legislator offices’ schedules can shift rapidly, so you may have to meet with a different person or have less (or more) time than planned.
- If asked about topics outside of NAMI GEORGIA’s key asks, bring the conversation back to your key points or say “I do not know” and offer to connect with NAMI GEORGIA staff for follow up.

KNOW YOUR AUDIENCE

- FIND YOUR LEGISLATOR: https://openstates.org/find_your_legislator
- Look for common points of interest or connection between you and the member to help spur conversation.

KEEP POLITICS OUT OF IT

- Mental illness does not discriminate based on political party. NAMI GEORGIA is a nonpartisan organization looking for bipartisan solutions.
- Respect your Legislator’s political views, even if they differ from your own.
- Do not get angry or raise your voice.

PLAN MEETING ROLES

- Meetings may be brief, and not everyone will have a chance to speak at length.
- Plan who will take the lead, who will make certain points, and who might share a story.
- If your group is large, expect that your role may be to introduce yourself, then observe or tweet.
- Remember that facts support and stories move people—but keep your story to 90 seconds or less.

BUILD A CONNECTION

- You may be meeting with the Legislator or their staff, treat both with equal respect.
- Invite your Legislator to your NAMI GEORGIA Walk, a local mental health program, or other event.
- All politics are local: ask for a contact to send a formal invitation or to schedule a future meeting.

BE AWARE OF TIME

- Legislators’ schedules are tight, so be on time for your appointments.
- Divide up your group (if possible) if you think you have appointments timed too closely together to stay on schedule.
- The Georgia State Capitol is big, and it may take 10-15 minutes to walk between appointments.

END ON A POSITIVE NOTE

- Thank the Legislator or their staff for their time and support (if applicable).
- Leave NAMI GEORGIA’s legislative issue briefs and mental health facts with Legislative office staff.
- Ask for a picture with the Legislator. Tweet it, put it on Facebook, send it to NAMI GEORGIA at namiwalks@namiga.org and share it in your Affiliate newsletter.
- Mention that NAMI GEORGIA is a resource that offers free local education and support programs and reference the “NAMI Affiliate in Your Community” card in the folder.

#ACT4MENTALHEALTH
**INFORMATION & DIRECTIONS**

**STREET ADDRESS**
The Office of the Governor
State of Georgia
203 State Capitol
Atlanta, Georgia 30334

**MAILING ADDRESS**
208 Washington Street
Suite 203, State Capitol
Atlanta, GA 30334
Phone: 404-656-1776
Fax: 404-657-7332

**FROM THE SOUTH:** Take I-75/85 North to Exit 245 (Capitol Avenue). At the end of the exit ramp, continue straight through the stop sign. At the first traffic light, turn left onto Hank Aaron Drive. (The name will change to Capitol Avenue). The State Capitol is on your left.

**FROM THE NORTH:** Take I-75/85 South to Exit 248A (MLK, Jr. Drive) and veer right onto MLK, Jr. Drive. The Capitol will be on your left. For parking, turn right at second light onto Capitol Avenue and parking will be on your right at the Sloppy Floyd/Twin Towers complex.

**FROM THE EAST:** Take I-20 West to Exit 58A (Capitol Avenue). Turn right and continue on Capitol Avenue. The Capitol will be approximately one mile down on the left.

**FROM THE WEST:** Take I-20 to Exit 56B (Windsor Street/Spring Street/Stadium). At the third light, turn left onto Central Avenue. Go to Mitchell Street and turn right. Go one block and the capital will be on the left.

**WAYS TO GET TO & FROM THE CAPITOL**

**MARTA**
- The Georgia State Capitol building is only one block away from the Georgia State MARTA Station on the blue/green rail line. If you are coming from the red or gold rail line, exit at the Five Points Station and follow the signs to the Eastbound platform. Get on the first eastbound train and ride one stop to the Georgia State Station. Take the Piedmont Avenue exit out of the station and turn left on Piedmont Avenue. The Capitol is located one block south of the MARTA station. MARTA has eight (B) bus routes that serve Capitol Hill. For more information and route planning, contact MARTA at 404-848-5000 or visit www.martaguide.com/2010/04/18/marta-to-the-georgia-capitol.
- MARTA maps and trip planner tools are available at www.itsmarta.com.

**RIDESHARE**
- Uber or Lyft ridesharing services are available throughout Atlanta via their respective phone apps.

**PARKING**
- Buses and 15-passenger or larger vans are allowed to park on the west side of Washington Street in front of the Capitol on most weekdays. Capitol events or security threats may make this space unavailable. In those cases, buses will be rerouted by Capitol security.
- Public parking is available in several locations surrounding the Capitol. Parking fees vary by lot. Certain lots may be closed due to the legislative session. The following lots are always open to the public if spaces are available:
  - Steve Polk Plaza Parking is located on M.L. King, Jr., Drive, one block from the Capitol.
  - A surface lot is located on Memorial Drive, one block from the Capitol.
  - Underground Parking: A parking garage is located on the north side of Martin Luther King, Jr. Drive, two blocks from the Capitol.

**ADDITIONAL ACCESSIBILITY INFORMATION**
- The Georgia Building Authority and the state ADA Coordinator’s Office guide for all accessibility information can be found at gov.georgia.gov/accessibility-guide-visitors-disabilities.
PLACES TO EAT NEAR THE CAPITOL

There are limited places to get lunch or refreshments at The Georgia State Capitol. Those available include:

1. There is a very small coffee shop with limited drinks and food located in the bottom floor of the Capitol.

2. **Capitol Commons Café** in the James “Sloppy” Floyd Veterans Memorial Building: located across MLK Jr. Drive, one level below the main entry in the Twin Towers. Hours of Operation: Breakfast 6:45 a.m. to 10 a.m. Lunch 10:45 a.m. to 2 p.m.

3. **Coverdell Legislative Office Building Café:** located across Capitol Square from the Capitol, on the 6th floor. The Café offers an entrée line and grill. Hours of Operation: Breakfast 7 a.m. to 10 a.m. Lunch 11 a.m. to 2 p.m.

4. **The Food Shoppe**, 123 Luckie St NW
5. **Aviva by Kameel**, 225 Peachtree St NE
6. **Big Daddy’s Southern Cuisine**, 121 Martin Luther King Jr Drive
7. **Charley’s Grilled Subs**, 971 Spine Rd.
8. **Charley’s Philly Steaks**, 7700 Spine Rd.
9. **Quintos**, 1 Martin Luther King Jr Dr. SW
10. **Subway**, 221 Central Ave SW

LEGISLATORS’ OFFICES

Find your legislators’ office number by finding them here: https://openstates.org/find_your_legislator/
Then click on each name for contact information.

SENATORS’ OFFICES are at the Capitol listed as “CAP”

REPRESENTATIVES’ OFFICES are located at the Paul D. Coverdell Legislative Office Building - across the street from the Capitol. Listed as “CLOB”
18 Capitol Square SW, Atlanta, GA 30334

INTRODUCING NAMI GEORGIA TO YOUR LEGISLATOR

- Introduce yourself, your relationship to NAMI GEORGIA, and your connection to the organization.
- Thank your legislator and/or staff for meeting with you and for any past or current support, if applicable.
- Share that NAMI is the nation’s largest grassroots mental health organization, active in 900 communities across the country. NAMI GEORGIA represents 18 NAMI Affiliates located across Georgia serving over 10,000 Georgians affected by mental health at no cost to the public.
- Briefly talk about what your affiliate and what NAMI GEORGIA provides in your community.
- Discuss the mental health crisis in Georgia and in our communities:
  - 1 in 5 Georgians are affected by mental illness in a given year.
  - The suicide rate is the highest it has been in decades especially among Georgia’s children.
  - Georgia is ranked 47th in funding for adults. We must increase expenditures to support treatment and supports.
  - More than half of adults and children with mental illness do not receive treatment.
- Express that we need more access to quality, affordable mental health services for Georgians, not less.
- Share that when we do not have adequate mental health care coverage, we keep people from getting the treatment they need and push people with mental illness into emergency rooms, jails, and the streets.

After the above, an appointed storyteller should briefly share their personal story. The meeting lead and other appointed messengers should then discuss NAMI GEORGIA’s key issues and asks.
NAMI GEORGIA’S TALKING POINTS & ASKS

ENSURE MENTAL HEALTH PARITY IN GEORGIA

TALKING POINTS
› There is currently no mechanism in Georgia to measure or enforce the federal Mental Health Parity and Addiction Equity Act of 2008.
› The Office of the Insurance Commissioner should measure compliance and hold insurance companies accountable for parity. Parity is grounded in ensuring equal coverage of treatment services under both the behavioral health and medical benefits offered by a health plan. Thus, parity law requires that a health plan’s policies and practices cover behavioral health services (mental health and substance use disorders) in a way to no more restrictive than policies and practices for medical or surgical services.

EXAMPLES OF PARITY VIOLATIONS CAN INCLUDE:
› Denials of authorization for mental health and substance abuse care.
› “Fail-first” requirements – refusal to pay for higher cost therapies until the patient fails at a lower cost treatment.
› A limited number of in-network behavioral health care providers or failure of those providers to take new patients.
› Exclusion of coverage for certain types of treatment without any medical necessity analysis.
› Prior authorization requirements and re-authorization for mental illness or substance use disorder (e.g., inpatient mental health care coverage re-authorization required every 5 days).
› Geographic restrictions (e.g., no coverage for out-of-state treatment).
› Failure of the formulary (medications covered by insurance) to include psychiatric medications (e.g., anti-psychotic medications).
› High out-of-pocket costs for prescription drugs that discourage people from participating in both mental health and other medical treatment.
› Failure to cover medication-assisted treatment (MAT) for persons with substance abuse disorders.

NAMI GEORGIA’S ASK
› Support the Georgia Parity PEACH Act #PassThePeach.
› Ask the Insurance Commissioner’s Office or an oversight committee to conduct regular, random market audits for parity compliance on all commercial health insurance and Medicaid managed care plans.

MAXIMIZE FEDERAL OPPORTUNITIES TO INCREASE THE INSURED POPULATION OF GEORGIA

TALKING POINTS
› Congress showed strong bipartisan support of mental health care when it passed mental health reform in the 21st Century Cures Act in 2016.
› This was significant because over 1.2 million Georgians are affected by a mental illness, yet more than 60 percent of adults in Georgia with mental health conditions go without treatment.
› We need more coverage for mental health care, not less.
› Nearly 1 in 3 people (29 percent) covered under Medicaid have a mental health or substance use condition.

› Neuropsychiatric Disorders (Mental and Behavioral 13.9% and Neurological 5.1%) are now the leading cause of disability in our country.

DECREASING THE UNINSURED POPULATION IN GEORGIA
› Additional Medicaid programs cover people who fall through the cracks, like young adults with first symptoms of psychosis, who are not eligible for traditional Medicaid.
› Research from Ohio shows that people enrolled in new Medicaid are getting more mental health care, managing chronic depression better, and using costly emergency department care less. It also shows that Medicaid helps people to keep working or to seek work.
› New Medicaid removes barriers for people with mental illness by allowing people to qualify based on income, rather than a disability determination.
› This change in qualification helps people get mental health services and allows for a path to work and self-sufficiency.

NAMI GEORGIA’S ASK
› Maintain funding for existing mental health Medicaid codes.
› Add and expand Medicaid mental health codes to address the growing needs in Georgia.
› Implement the recommendations of the Homelessness Task Force Study Committee.
› Leverage state funds to access federal Medicaid funds to support individuals who are currently or at risk of homelessness.
› Oppose any legislation that:
  • Caps or limits Medicaid mental health services.
  • Takes away protections for people with mental health conditions in health plans or leaves fewer Georgians with coverage for mental illness.
NAMI’S TALKING POINTS AND ASKS

END UNNECESSARY INCARCERATION OF INDIVIDUALS WITH MENTAL ILLNESS

TALKING POINTS

› A person who is having a mental health crisis is often more likely to land in jail than in a hospital. That’s wrong.
› Tragically, about 2 million people with mental illness are booked into jails every year, most on minor, non-violent charges.¹⁰
› About 1 in 5 jail inmates in the U.S. have a serious mental illness.¹¹
› When in jail, people with mental illness stay almost twice as long as others facing similar charges.¹²
› Disproportionate numbers of people with mental illness are in our criminal justice systems, often as a result of untreated or undertreated illness.
› Jails have become the de facto mental health institutions of our day.
› People with serious mental illness are incarcerated at four times the rate of the general population.¹³

NAMI GEORGIA’S ASK

› Increase the number of accountability courts in Georgia.
› Divert non-violent offenders with mental illness into treatment.
› Invest in mental health services that keep people out of jail in the first place.
› Continue Crisis Intervention Team (CIT) training of police, corrections and other first responders on safely and effectively responding to people with mental illness.
› Request the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) funding for NAMI Georgia be reinstated to support coordination and development of advocates participating in CIT training state-wide.
› Encourage and fund mental health training for all first responders, such as Emergency Medical Services, and family members so police are not engaged during a mental health crisis.
› Encourage and fund placement of a mental health professional trained by the Georgia Crisis and Access line to be on call in all 911 units.

INVEST IN FUNDING FOR MENTAL HEALTH

TALKING POINTS

› What we pay for reflects our values as Georgians.
› Our state should show that it values the lives of the over 1.2 million residents with mental health conditions — and future generations — by investing in mental health and improving mental health services and supports.
› Half of mental health conditions begin by age 14 and 75% by age 24.¹⁴
› The average life expectancy in the U.S. dropped in 2016 largely because of an increase in the number of deaths by drug overdoses.
› This drop was the second consecutive yearly decline in life expectancy; the first 2-year decline since the early 1990’s.
› Deaths from drug overdose surged 21 percent from 2015 to 2016.¹⁵
› Research is showing that the earlier people get effective mental health treatment, the better the outcomes and the lower the cost of health care.
› Early psychosis programs are one example where treatment is changing the course of mental illness and helping young people get better.

NAMI GEORGIA’S ASK

› Appropriate $250k in matching funds to NAMI GEORGIA for a private-public partnership to establish a pilot Clubhouse for Georgians with Mental Health and co-occurring substance abuse disorders, targeting the male population ages 18-45 with dual diagnosis/opioid addiction issues.
› Fund a tax credit for Mental Health providers willing to serve as preceptors (mentor to medical student), particularly in underserved/low health access areas of Georgia.
› Support opioid antidotes like Narcan being made available over the counter.
› Fund opioid therapeutic addiction treatment centers across the state to address the epidemic.
› Fund additional Behavioral Health Crisis Centers across the state.
INVEST IN MENTAL HEALTH SERVICES FOR CHILDREN, YOUNG ADULTS, AND THEIR FAMILIES

**TALKING POINTS**

› Half of mental health conditions begin by age 14 and 75 percent by age 24.18
› Schizophrenia and other psychotic disorders are serious mental illnesses, and typically strike in youth.
› Without early treatment, the consequences can be tragic. Youth with psychosis are dying at a rate 24 times higher than their peers.17
› Fortunately, National Institute of Mental Health (NIMH) research shows that Coordinated Specialty Care (CSC) services in early psychosis programs are changing the trajectory of mental illness and helping young people get their lives on track.

**NAMI GEORGIA’S ASK**

› Supplement the 10% of Georgia’s federal mental health block grant set aside for Coordinated Specialty Care (CSC) with state funds to support the expansion of early psychosis programs.
› NAMI Georgia supports the following findings and recommendations of the Governor’s Commission on Children’s Mental Health released on December 12, 2017:
  - Fund supported education and employment programs for youth and emerging adults with serious mental illness.
  - Increase access to behavioral health care for children through Georgia’s APEX program which funds community mental health providers throughout Georgia to build infrastructure for school-based mental health services.
  - Support the development of telemed services for underserved areas of the state.

INVEST IN MILITARY AND VETERANS

**TALKING POINTS**

› Georgia’s military service members and veterans struggle to get mental health treatment, have high rates of mental illness and suicide, and experience unique barriers to care.
› Additionally, 12 percent of Georgia’s homeless population are veterans, which is striking because only 7 percent of Georgia’s overall population are veterans.18
› According to a 2016 VA report, 20 veterans per day die by suicide.19 In Georgia alone nearly 4 veterans die each week by suicide.20
› Veterans in Georgia often wait far too long for their disability claims to be approved.

**NAMI GEORGIA’S ASK**

› Improve the claims process by hiring more claims specialists at VA clinics or by partnering with non-profit veterans advocacy groups.
› Provide food or housing assistance to veterans who are awaiting the results of disability claims.
› Support Post-Traumatic Stress Disorder treatment research through partnerships with local research universities.
› Reduce barriers to care by funding telemedicine and by incentivizing mental health providers to practice in rural areas of the state.
› Support and fund mental health education, training and services for veterans and for their family.
› Expand Georgia Crisis and Access Line.
NAMi’s talking points and asks

Invest in appropriate, affordable housing for people living with mental illness

Talking points

- Lack of safe and affordable housing is one of the most significant barriers to independent living for people with serious mental illness. Without housing, too many cycle in and out of homelessness, incarceration, shelters, emergency departments, and hospitalization—or remain institutionalized.
- Georgia’s Department of Justice Settlement continues to focus on the importance of housing for recovery.
- Georgia must plan for the future and work to ensure that all people with mental illness living in the state have access to appropriate, affordable housing.
- Protect the Department of Housing and Urban Development (HUD) and oppose any cuts to HUD program.
- Support the following findings of the Georgia State Senate 2017 Homeless Committee:
  - Leverage state funds by accessing federal Medicaid funds to support individuals who are currently or at risk of homelessness.
  - Increase state funding to the State Housing Trust Fund for the Homelessness (SHTF) in order to enable the Department of Consumer Affairs (DCA) to expand existing homelessness programs as well as to explore additional options and opportunities to maximize federal funds to address homelessness in Georgia.
  - Allocate funding for DCA’s expansion of the Section 811 Project Rental Assistance Demonstration Program and mixed income properties in high density counties.
  - Increase funding for supported housing placements for Georgia Housing Voucher Program participants.
  - Allocate funding to expand the Georgia Housing Voucher and Bridge Program to include non-settlement criteria individuals with a substance use diagnosis.
  - Allocate funding to PATH, ACT, CST, and ICM services to support the provision of replacement state-issued identification for enrolled individuals transitioning from correctional facilities.
  - The creation of a statewide public-private partnership to serve as a clearinghouse of best practices, information, and resources that supports developing and sustaining local re-entry case planning collaboratives in every county.
  - Increasing state funding for private and/or nonprofit homeless shelters to provide increased educational and psychosocial supports for homeless youth.

Invest in support for mental health family caregivers

Talking points

- More than 8.4 million Americans, including family members of veterans, provide care to an adult relative living with mental illness.²¹
- With national shortages of mental health services, the role of caregiver often falls on families—with little or no support or training.
- Almost 75 percent of caregivers experience a high level of emotional stress and 2-in-3 are in poor or fair health.²²
- Among military family caregivers, nearly 40 percent have major depression, more than 4 times the general population.²³
- Family caregivers typically provide financial and emotional support, manage medications, search for mental health services, make appointments, prepare meals, shop, arrange transportation, complete paperwork, and respond to crises.
- Mental health family caregivers devote an average of 32 hours a week to caregiving.²⁴ About 8 hours a week more than caregivers of people with other chronic conditions.
- 1 in 4 family caregivers of adults with mental illness reports financial strain.²⁵
- With the heavy demands and strains on family caregivers, state programs should provide support to family caregivers of people with mental illness.

NAMI Georgia’s Ask

- Thank you for historic support of NAMI Georgia. Please continue to support DBHDD funding of NAMI Georgia whose volunteers with lived experience educate and support over 10,000 Georgians affected by mental health conditions with no cost to them.
FOLLOW UP TO HAVE A GREATER IMPACT

SEND A THANK YOU
› Send a short follow-up email within a few days of your Legislative meetings.
› Attach any photos that you may have taken with the legislator or staff.
› Thank the office for their time and reiterate the importance of quality, affordable mental healthcare.

COMPLETE FEEDBACK FORMS
› The meeting lead should fill out one Mental Health Day at the Capitol feedback form for each meeting. These forms can be found at the Mental Health Day debrief table in the Capitol rotunda.
› These forms help NAMI GEORGIA staff learn about your visit, and follow up appropriately with legislative offices.

TWEET & POST
› Members of Congress pay close attention to social media, so tweet at them or post on their Facebook wall and let them know that mental health is important to you.
› See the last page for tips and sample tweets and posts.

KEEP IT GOING
› If you aren’t getting NAMI GEORGIA’s advocacy alerts, sign up at NAMIWalks@namiga.org. (You should also follow @namigeorgia on Twitter and Instagram, and like NAMI GEORGIA on Facebook at facebook.com/NAMI GEORGIA.)
› Follow or like your legislators on Twitter, Facebook and Instagram.
› Sign up for your legislators’ email lists by visiting their websites, which you can find by going to their page at www.senate.ga.gov/senators/en-US/SenateMembersList.aspx or www.house.ga.gov/Representatives/en-US/HouseMembersList.aspx.
› Invite your legislators to your NAMIWalks and other NAMI GEORGIA events including the Annual Conference and Gubernatorial Mental Health Forum, your local NAMI Affiliate events or other local mental health programs.
› Attend legislators’ events in your district to further build your relationship, like office hours and public forums.
ENDNOTES


NAMIWalks 2018!

NAMI Georgia will be walking for mental health around the Capitol this year! Location and date will be announced shortly. Stay tuned! For questions, please email namiwalks@namiga.org.

NAMI GEORGIA
2018 ANNUAL CONFERENCE & MEETING

“EDUCATE, EMPOWER, ENGAGE”

APRIL 20-21, 2018
LOCATED AT MERCER UNIVERSITY
ATLANTA, GEORGIA
REGISTER AT WWW.NAMIGA.ORG
2018 NAMI GEORGIA ANNUAL CONFERENCE
GUBERNATORIAL CANDIDATES FORUM ON MENTAL HEALTH

NAMI Georgia is pleased to host a forum on mental health topics for the candidates seeking to become Georgia’s next Governor. Please join us to hear what they have to say!

SATURDAY, APRIL 21st, 2018
9:00 A.M. - 10:30 A.M.

LOCATED AT
MERCER UNIVERSITY
ATLANTA, GA

FORMAT
Candidate Introductions 9:00 - 9:30
Audience Questions – Submitted in Advance 9:30 - 10:00
Candidate Wrap Up 10:00 - 10:30

MODERATED BY
JIM GALLOWAY,
AJC political writer

To Register: Click on 2018 NAMI Georgia Annual Conference at www.namiga.org
To Sponsor and to submit candidates’ questions email Rachel Barber at namiwalks@namiga.org

THANK YOU TO OUR ANNUAL CONFERENCE SPONSORS

THANK YOU TO OUR SERVICE PARTNERS

Last Updated 1/16/2018
USING SOCIAL MEDIA TO
#ACT4MENTALHEALTH

Social media is an important tool for legislators and their staff to learn about constituents’ opinions, and your posts will help reinforce the messages we share in our meetings.

Here are some tips on how to use social media during (and after) Mental Health Day at the Capitol:

1. Amplify #Act4MentalHealth and #MH4ALL on social media: Use #Act4MentalHealth for your Mental Health Day at the Capitol posts.

2. Use photos and videos: Take pictures in front of the Georgia State Capitol, outside of your legislator’s office and with your legislator, if possible.

3. Make it personal: As with your meetings, it is helpful to briefly share your personal story on social media.

4. Thank your legislators: Thank your legislator or their staff by tagging them and sharing pictures. Keep your posts positive, regardless of your meeting outcome.

— SAMPLE SOCIAL MEDIA POSTS —

Please add your photos and personal stories for even more impact.

#Act4MentalHealth  #MH4ALL  #NAMIGEORGIA

TWITTER/INSTAGRAM

Thank you [@Legislator] for meeting with @namigeorgia to discuss protecting Medicaid and how to #Act4MentalHealth

1 in 5 are affected by a #mentalhealth condition in their life. Thank you [@Legislator] for all you do to #Act4MentalHealth

Today, I #Act4MentalHealth by telling Georgia Legislators to protect Medicaid for those who rely on it for mental health care #DontCutOurCare

Meeting today with [@Legislator] to discuss how to protect mental health care coverage #Act4MentalHealth

[@Legislator] – Thank you for standing up for #mentalhealth. #Act4MentalHealth

We need MORE mental health coverage, not LESS. Thank you [@Legislator] for discussing ways to #Act4MentalHealth today

Half of people with mental illness get no treatment. We need more mental health care, not less. Today, I #Act4MentalHealth

FACEBOOK

Today, I went to the Georgia State Capitol to meet with [Legislator] to discuss how to protect mental health coverage. Thank you for your support of the 1 in 5 Georgians affected by mental illness. #Act4MentalHealth

Thank you [Legislator] for meeting with NAMI GEORGIA to discuss ways to protect mental health coverage. #Act4MentalHealth