

How to Use the Legislative Materials

- ✓ **Make an appointment with your state delegate and state senator to communicate and discuss NAMI's priorities and main issues.** *Visit the Advocacy section on the NAMI Virginia website (www.namivirginia.org) for information on how to meet with your legislator and tips on being an effective advocate. Find out who your representatives are here: <http://legis.state.va.us/> or contact your local voter registrar's office.*
- ✓ **Write a Letter to the Editor (LTE).** *Go to www.namivirginia.org and visit the Advocacy section for tips on writing a LTE.*
- ✓ **Inform your fellow NAMI members, friends, colleagues, family members, etc. about priority issues for advocacy during the upcoming legislative session.** *Have a discussion about the issues and what you can do to move the issues forward. Host a forum with local experts. Distribute the materials.*
- ✓ **Research the issues to become an informed advocate.** *Websites for NAMI, NIMH, MHA, and other sources can be very helpful. Check out the "resources" section at www.namivirginia.org for helpful websites.*
- ✓ **Mark your calendar for the Coalition Rally/Lobby Day on Monday, January 19, 2009.** *Visit your legislators in person, attend committee meetings, and rally with other advocates.*
- ✓ **Sign up to receive free e-news and action alerts from the NAMI Virginia Action Center.** *Go to www.namivirginia.org and go to the Advocacy Section. Look for the Legislative Action Center. It only takes a few moments to sign up.*