Every American with a mental health condition deserves the opportunity for recovery. Elected officials are faced with a host of issues and interest groups. Your personal relationship—and a well-crafted message—can make the difference in their attention to and support of mental health issues. Your story shows that mental health conditions are common, and recovery is possible.

Yet, too few people get the care they need. There is an average delay of 8 to 10 years before people get an accurate diagnosis. And fewer than half of children and adults with mental health conditions receive any treatment at all. Finally, those who do receive treatment often don’t get the types of services and supports that are proven effective.

So, what can you do to change this situation? Talk to your legislator! Legislators respond best to people they know who live in their district. Hundreds of bills land on their desk every session, so a personal story from a constituent increases the chance that they will take action.

The Mental Health Capitol Day Rally and Advocacy is the perfect way to tell your story to your legislator and be part of the movement for mental health reform! Register today!

**Please note:** This year, there will be no onsite registration for the morning Advocacy Training and Lunch. Tickets must be pre-purchased via this Eventbrite page. Tickets/registration are not required to attend the 12:30 pm Rally on the South Steps of the Texas State Capitol.
Capitol Day 2019 Schedule

9:00 am - Doors open (Schmidt-Jones Family Life Center; no onsite registration)
10:00 am - Welcome and Check-In (Schmidt-Jones Family Life Center; no onsite registration)
10:15 am - Legislators Welcome (Schmidt-Jones Family Life Center; no onsite registration)
10:30 am - Issue Briefing and Advocacy Training (Schmidt-Jones Family Life Center; no onsite registration)
11:45 am - Box Lunch (included; Schmidt-Jones Family Life Center; no onsite registration)
12:30 pm - Rally on the South Steps of the Capitol (tickets/registration not required)
1:15 pm - Meet with your Legislators (Capitol; no onsite registration)
3:30 pm - Closing Reception (Capitol; no onsite registration)
4:00 pm - Adjourn

The 2019 Rally Theme is #Act4MentalHealth!

If you’re interested in meeting with your legislators, it is critical that you pre-register so that we can group you with others. We will be working with local affiliate organizations to pre-arrange the meetings.

Transportation: If you wish to travel by bus/carpool with other advocates from your area, we are working on arranging transportation options from the following areas: Houston, Gulf Coast, Dallas, and San Antonio. Details to follow.

#Act4MentalHealth
Register Today!