Our message today is simple: #Vote4MentalHealth. Mental health is on the ballot this year. As people whose lives have been impacted by mental illness, it is our responsibility to use our vote to play a role in determining who makes important decisions that will impact our quality-of-life in the years to come. Polls in Texas are open until 7 pm today. If you haven’t already, find your polling place, bring your ID, and #Vote4MentalHealth right now. But make sure to check our State Legislative Candidate Questionnaire before you go and also see where the Presidential candidates stand on mental health. Then, double your impact by calling a friend or family member and reminding them to vote.

Still not sold on #Vote4MentalHealth? Read our NAMI blog post on Impacting Mental Health Resources with Your Vote. Our Policy Intern, Chele Diamond (pictured to the right), wrote it. Great job, Chele!
"Elected officials determine the allocation of resources and funding for mental health research and treatment. They decide how mental health is addressed within the justice system. They decide whether to implement more education, prevention and early intervention in schools. A #Vote4MentalHealth means learning about candidates and how they plan to address the mental health needs of our communities." - Chele Diamond

We are proud to announce that we have been recognized as a #Vote4MentalHealth All-Star!
If you are in line when polls close, stay in line! As long as you are in line, you have the right to vote. If it is an option, go as early as you can in the day.

If you are voting by mail/absentee ballot, get your ballot in as soon as possible! To be safe, return your ballot to an official ballot drop box / your county election office.

If you experience any issues voting or witness anything improper, call an election assistance hotline.
- English: 866-OUR-VOTE
- Spanish/English: 888-VE-Y-VOTA
- Arabic/English: 844-YALLA-US
- Asian Languages/English: 888-API-VOTE

If you need assistance, you can bring someone to help you vote. But also remember that you have the right to vote privately and independently. If you have questions, look for an official poll worker (like the person who checked you in) to help.

If you need a ride to vote or drop off your ballots, Lyft, Uber and others are offering free or discounted rides.

Finally, don’t forget to join thousands of other mental health advocates in taking the pledge to #Vote4MentalHealth!

Support your mental health if you feel fearful

Self-care is critical during this time. Below is a list, taken from the National Suicide Prevention Lifeline, on how to support your mental health if you are feeling fearful:

- Step away from the news and limit exposure to a small chunk of time each day.
- Find solace with a community of people that share your fears, where you can talk openly about why you’re afraid.
• Try to avoid confrontational conversations that might heighten your anxiety, including debates with family and friends who may have voted differently from you—at least for now.
• Find a routine, exercise, or distract your mind.
• Channel your feelings of unrest into a cause or activity you find fulfilling.

NAMI has also compiled this blog that points to resources available to help manage stress. Check out these great tips from NAMI Central Texas too.