

QUICK TIPS: ADVOCATE FOR MENTAL HEALTH AT WORK, SCHOOL, OR IN YOUR COMMUNITY

Your voice is a powerful tool for mental health advocacy, and you don't need a title or a megaphone to have an impact. Change can start with a one-on-one conversation, a shared flyer, or a simple question: "What support would help you feel seen?"

In the workplace

- Ask HR to include mental health resources in internal emails or newsletters, or display them in common areas
- Encourage leadership to offer mental health days or flexible schedules during high-stress times
- Use employee resource groups (ERGs) or staff meetings to start conversations about what support looks like, especially across different cultures and communities

In schools

- Recommend wellness options like journaling corners, healing circles, or quiet spaces for rest
- Advocate for mental health staff who reflect and understand the students they serve
- Encourage training on positive discipline and restorative justice
- Share [screening tools](#) and culturally relevant mental health resources with students, families, and faculty

In the community

- Drop off flyers or hang posters at places where people gather, like barbershops, salons, places of worship, grocery stores, or laundromats
- Work with local community groups, clinics, or businesses to host mental health screenings, healing circles, or storytelling events
- Attend public meetings in your community and speak up about the need for access to mental health care

From your home

- Join Mental Health America's [Advocacy Network](#) to get notifications about [action alerts](#). These alerts are an easy way to contact your legislators and support mental health access by communicating online
- Contact your [local Mental Health America affiliate](#) to see how you can support them