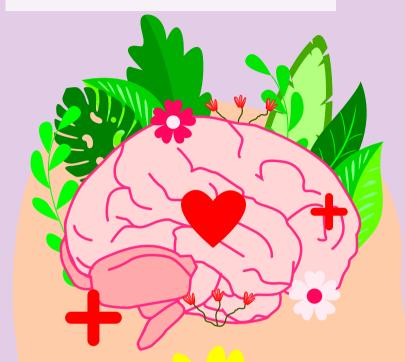
QUARTERLY ADVOCACY CHALLENGE



MAY IS MENTAL HEALTH AWARENESS MONTH

TAKE ACTION TO IMPROVE MENTAL HEALTH FOR YOUR COMMUNITY!

SOCIAL MEDIA

SOCIAL MEDIA CAN BE A GREAT WAY TO SPREAD AWARENESS, EDUCATE OTHERS, AND SHARE MENTAL HEALTH RESOURCES!

- POST RESOURCES SUCH AS 988 SUICIDE AND CRISIS LIFELINE
- EDUCATE ABOUT THE IMPACT OF
 MENTAL HEALTH IN YOUR COMMUNITY
 SUCH AS PHYSICIAN BURNOUT

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<u>OP-ED</u> WRITING AN OP-ED CAN BE A GREAT TOOL TO DIVE DEEPER ON AN ISSUE. SHED LIGHT ON MENTAL HEALTH ISSUES IMPACTING YOU, YOUR PATIENTS, OR YOUR COMMUNITY AND OFFER STRATEGIES TO CREATE CHANGE.



LEGISLATION & POLICY CONTACT YOUR LOCAL, STATE, OR FEDERAL ELECTED OFFICIALS TO ASK THEM TO SUPPORT POLICIES THAT IMPROVE ACCESS TO MENTAL HEALTH CARE.

- STATE LAWS THAT PROTECT HEALTHCARE WORKERS SEEKING MENTAL HEALTH TREATMENT
- EXPANDED ACCESS TO TELEHEALTH MENTAL HEALTH SERVICES

QUESTIONS? CONTACT GRAF@AMA-ASSN.ORG