

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

OP-ED

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

