

It's Your Move

**Come learn
about advocacy
and make your
voice heard!**

The most effective way our NH legislators and local decision-makers learn about **mental health needs** is hearing from **YOU** — their constituents!

Register now for NAMI NH's free advocacy training.

When: Saturday, February 24th

9:00 am – 2:00 pm (lunch included)

Where: NH Hospital Conference Rooms, 36 Clinton St., Concord, NH

You will learn:

- ◆ How to become an effective Advocate.
- ◆ The NH Legislative process - simplified and understandable.
- ◆ How to use your personal experiences as a foundation for needed change on a local level (school board) or on a state level (NH Legislature).
- ◆ What, When and How to share your message so it gets heard.
- ◆ How one person can make a difference to individuals of all ages affected by mental illness/emotional disorders and suicide.

Your next move?

Register Today!

Contact Susan Allen-Samuel at
sallen@naminh.org or 225-5359, x328

 **nami** | **New Hampshire**
National Alliance on Mental Illness

85 N. STATE STREET • CONCORD NH 03301 • TEL. 800.242.6264 • WWW.NAMINH.ORG

“The preparation of this training was financed under an agreement with the State of NH, DHHS, Division of Behavioral Health, with funds provided in part or in whole by the State of NH and/or United States Department of Health and Human Services.”