

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 – offered twice.

When: Saturday, January 6th or Saturday, February 24th

9:00am – 2:00pm (lunch included)

Where: NAMI NH Office, 85 North State Street, 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

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