

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, January 19th

9:00 am – 2:00 pm (lunch included)

Where: NAMI NH 85 N. 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

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