

Five things you can do today to make sure your community is not limiting access to mental healthcare

1- Educate Yourself

Find out all you can about mental health, mental health care in America and in your community, and what keeps people from getting the help they need.

2. Share Your Story

Do you suffer from depression, anxiety or other mental health concerns? Has shame been holding you back from speaking about your experiences? Your story could help someone to feel less alone, so it's worth sharing if you feel comfortable doing so. Your voice matters.

3. Register To Vote - And Get Involved!

If you're not sure if you're registered to vote, you can check your registration status online in just a few seconds! When you vote, you have power. Don't like the way your community handles mental health? Do your research and do something about it when it comes time to vote.

4. Reach Out to Someone in Pain

If you know someone who's struggling with their mental health, reach out. It may seem like someone might want to just deal with their problems alone, but you'll never know unless you ask. Sometimes, just knowing someone cares enough to ask about them can be a big help.

5. Start Small

Give someone a ride to an appointment, help them figure out what their health insurance covers, or just let them know you're there for them.

Societal change takes a long time, but it can start with us, right here in our own communities. Your voice matters. If you use it to speak up about mental health care in your community, your community will listen.