

## [Act B4Stage4 Advocacy Toolkit](#)

Now is a prime opportunity to take action to elevate your mental health conversations to the national level. When talking to an elected official about mental health in your family or community, is it important to end your personal story with a specific ask? How long does it take to schedule a meeting with a legislator? What bills is Congress considering related to youth and children's mental health? What is Facebook Townhall? Find out answers to all of this plus more so that you can take informed action today!

First Name

Last Name

Email Address

Organization / Employer

Would you like to receive more information from MHA?

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