Take the pledge to #Vote4MentalHealth

Learn how different policy issues intersect with mental health

Learn how different elected officials impact mental health

Research the candidates on your ballot

Follow @NAMIAdvocacy on Twitter

Print and fill-out or share an "I #Vote4MentalHealth" graphic on social media

Encourage 5 friends or family members to take the #Vote4MentalHealth pledge

Check your voter registration or register to vote

Learn more about your state's voting options, like voting early or by mail

Find your polling place (if you plan to vote in-person)

Request your absentee ballot (if you can and plan to vote-by-mail)

Return your absentee ballot (if you requested an absentee ballot)

Encourage 5 friends or family members to vote

#Vote4MentalHealth!