



Make a Plan to Vote Checklist

- 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!](#)