

SAMPLE EMAIL/LETTER THAT YOU CAN USE TO CONTACT YOUR LEGISLATOR

(Month) (Day) (Year)

The Honorable (First name) (Last name)
(Room Number), State Capitol
Montpelier, VT 05601

RE: (state the topic or include the bill number, author and subject if you are writing to support or oppose a particular legislative bill)

Dear (Representative/Senator) (Last name):

My name is (your first and last name) and I am a (consumer/peer, family member, service provider, advocate, community member) who resides in your district.

I will be participating in the virtual Mental Health Advocacy Day on Monday, January 31st from 10:00 a.m.-2:00 p.m. I would like to invite you to attend the event which will include Welcome Addresses from state leaders, a keynote presentation, and community members sharing their lived experience stories in the afternoon. You can register to attend at <https://namivt.org/advocacy/advocacy-day/>.

I would appreciate the opportunity to talk with you by phone at your earliest convenience when you have time available. (Briefly state what mental health priority is important to you and how it personally affects you, your family member and your community. Thank them for their support. Be sure to include your name and address and ask for a response.)

Sincerely,

Print your name
Street address City, State, Zip code
Phone number