

**Breaking Down
Barriers to Care.**

**Building the System
We Urgently Need.**

Mental Health Day on the Hill 2023

Thursday, March 9, 2023

Join Us For Mental Health Day on the Hill *Thursday, March 9, 2023*

Make your voice heard! Join us for this year's in-person Mental Health Day on the Hill, sponsored by the Mental Health Legislative Network.

9:30 AM - Welcome/Policy Briefing

11:00 AM - Rally in the Capitol Rotunda

***We are back to an in-person rally at the Capitol,
with additional opportunities to participate wherever you are!!***

A welcome and policy briefing will be held at 9:30 AM at Christ on Capitol Hill Church (near the Capitol), where you'll hear an overview of current mental health policy and funding issues. Then, at 11AM we will hold a rally in the rotunda, where you'll hear from legislators and advocates and make your voice heard!! And if you can't attend in person, that's okay! We will livestream the event so that you can attend wherever you are.

You will also have a chance to meet with your legislators and share why mental health is important to you. We are working to meet with as many legislators as possible during the entire week of Day on the Hill (March 6-10), so please sign up in advance so we can help you schedule an in-person or virtual appointment. Never met with your legislator before? No worries! We'll help you set up the appointment, give you information about current issues and have an on-demand training available to learn more.

**Sign up to attend by scanning the QR code or visit
www.namimn.org or www.mentalhealthmn.org.**

