



How To Make An Advocacy Phone Call

1. To find your Texas Legislators by zip code go to Texas Legislature Online - FAQ at:

www.capitol.state.tx.us/resources/FAQ.aspx

The first question at this website is: **1. How do I determine my district and legislator? Click on the [Who Represents Me?](#)** You will be taken to a new screen where you will enter your street address, city and zip code. **Then click the [Submit](#) box.** A list of the persons representing you in the US Congress and Texas Legislature will appear on the screen.

2. Write down the phone number of your State Senator or Representative. Before phoning write out what you are going to say to your State Senator or Representative.
3. Remember that if a bill affects your family personally, or you have a friend who is affected, it is appropriate to state that in your phone call or email as well. It is a more powerful message when we personalize mental health issues.

Guide for Phone Call

"My name is _____, I am a member of the National Alliance on Mental Illness' Austin chapter, and I am calling to ask for (**Senator or Representative (Name of person)**) to support (**Number of Bill either SBXXX or HBXXX**) because it will help protect mental health care in the State of Texas. This bill provides for (**say text from NAMI Austin website's Advocacy tab about the bill.**)

Thank you for your attention to the need to protect mental health care in the state of Texas.

For more information on advocacy issues, visit our website at www.namiaustin.org/advocacy