

5 Ways You Can Take Action

1) Talk to Your Legislators

- Schedule a visit with your state representative and senator in their local offices to share your story and encourage their support for mental health reform. Find your state legislators [here](#)!

2) Sign Our Petition

- Sign our [petition](#) to Governor Rauner and the Illinois General Assembly to join our call for improving Illinois' mental health system!

3) Get Active on Social Media

- Use **#roadmap2mentalhealth** when sharing your story about the need for improved mental health services.
- Share the Road Map to Mental Health Reform [petition](#).
- Follow us on Facebook: [@ThresholdsChicago](#) and Twitter: [@ThresholdsCtrs](#).
- Share the Road Map to Mental Health Reform [webpage](#), complete with fact sheets and advocacy resources!

4) Write a Letter to the Editor

- Submit a letter to the editor to spread the word about the need for mental health reform in your community. Tips and key points [here](#)!

5) Sign up for Thresholds' Action Alerts

- Receive [email updates](#) on legislative activity, advocacy opportunities, and related news.