



ACTION 31

Mental Health: Let's Make It Happen

WHAT? → It's time to act and make mental health a priority in local government.

HOW? → By getting your local Town/ City/ County Council to pass a motion recognising mental health as a human rights issue and committing to prioritising mental health in local and national government.

WHO? → Write to the newly elected Mayor, reminding him of Amnesty International's Local Election Mental Health Manifesto and calling on him to introduce a motion before a full meeting of the Council.

To find out who your Mayor is, you can find details for all local authorities on the website of the Department of Environment, Heritage and Local Government:

<http://www.environ.ie/en/LocalGovernment/LocalGovernmentAdministration/LocalAuthorities/>

QUICK STEPS →

- Step 1 Send the letter to the newly elected mayor.
- Step 2 You have already softened up the ground with many local councillors by sending them the manifesto. Make contact with those councillors you received responses from and ask them to support the motion.
- Step 3 There is always strength in numbers. If you do not want to act alone, link in with your local Amnesty Group. You can find out where the nearest one is by checking our website or phoning the office. There are also a number of local organization working on mental health regionally such as Aware, Grow, Mental Health Ireland and Shine. They may be interesting in joining up with you.
- Step 4 Council meetings are usually held in the evenings so why not attend the meeting where the motion is being debated. You may even be invited to speak to the motion, and we can help to prepare you for this if you wish.
- Step 5 Keep in touch. Let us know in the office when your motion is being debated. If it is passed it may get in the local papers. We can help you to do a press release with you as a spokesperson if you wish. We are here to support your activism so if you want advice or direction at any stage just get in touch.

Strength in numbers: Have you joined Amnesty? We rely on membership to make ourselves heard. The more members we have, the stronger we become. You can join today by texting the word JOIN to 51444. You can also join on-line at <http://www.amnesty.ie/join> or simply call the office and we will process your membership over the phone on 01 836 8356.