



## ACTION 33

### Mental Health: Let's Make It Happen

**WHAT? →** Ratifying the Optional Protocol to the International Covenant on Economic, Social and Cultural Rights that will give access to justice at the international level for people whose mental health rights are infringed.

→ **Ask the TDs and ministers:** to sign and ratify the Optional Protocol at the upcoming opening ceremony on September 24<sup>th</sup>.

### WHO? →

An Taoiseach Brian Cowen  
Department of the Taoiseach  
Government Buildings  
Upper Merrion Street  
Dublin 2

→ **Call or write to all TDs in your constituency** It is best to ring your T.D.'s constituency office on a Friday or contact them in Leinster House Tuesday to Thursday. If possible arrange a clinic visit with your TD and meet him or her in person to discuss the matter.

### Not sure about visiting your TD?

Why not register your interest in Amnesty International's lobbying training? Just email [mentalhealth@amnesty.ie](mailto:mentalhealth@amnesty.ie) or phone Barry Johnston at 01 8638300.

**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.