

Resources for Advocacy



What is Advocacy?

Advocacy refers to any action taken to influence public policy or opinion on a particular issue or cause. This can include activities such as lobbying elected officials, organizing protests or demonstrations, or working to educate the public about a particular issue. Advocacy can be done by individuals, groups, or organizations who seek to promote a particular agenda or bring attention to a specific cause.

NAME	CONTACT	DESCRIPTION
National Alliance on Mental Illness (NAMI) Washington	Phone: (800) 782-9264 Web: namiwa.org	NAMI Washington is a statewide organization that provides education, support, and advocacy for individuals and families affected by mental illness. They offer resources such as support groups, educational classes, and advocacy training, as well as information on mental health conditions and treatment options.
Mental Health America of Washington (MHA-WA)	Phone: (206) 367-8079 Web: mha-wa.org	MHA-WA is a nonprofit organization that promotes mental wellness and supports individuals and families affected by mental illness. They offer advocacy resources, community education, and mental health screening tools, as well as support for individuals seeking mental health services.
Washington State Department of Health	Phone: (800) 525-0127 Web: doh.wa.gov/ mentalhealthand behavioralhealth	The Washington State Department of Health is a state agency that oversees public health services, including mental health services. They offer resources and information on mental health conditions, treatment options, and crisis intervention.
Washington State Legislature	Phone: (360) 786-7573 Web: leg.wa.gov/	The Washington State Legislature is the state's legislative body, responsible for creating and passing laws. Individuals and organizations can track legislation related to mental health issues and advocate for mental health policies by contacting their representatives and testifying at hearings.

Resources Continued

NAME	CONTACT	DESCRIPTION
Mental Health America	Phone: (703) 684-7722 Web: mhanational.org	Mental Health America is a national organization that advocates for mental health issues and provides resources and support for individuals and families affected by mental illness. Their state affiliates, including the one in Washington, offer local resources and support for advocacy efforts
Washington State Health Care Authority	Phone: (800) 562-3022 Web: hca.wa.gov/health-care-services-supports/behavioral-health-recovery	The Washington State Health Care Authority is responsible for administering the state's Medicaid program and overseeing the state's behavioral health services. They offer resources and information on accessing mental health services and providers, as well as information on state-funded mental health programs.
Washington State Coalition for Mental Health Professionals and Consumers	Phone: (360) 352-6197 Web: wacoalition.org	The Washington State Coalition for Mental Health Professionals and Consumers is an organization that advocates for mental health policy and promotes the rights of individuals living with mental illness. They offer advocacy resources and opportunities to get involved in policy and legislative issues.
Crisis Connections	Phone: (866) 427-4747 Web: crisisconnections.org	Crisis Connections is a nonprofit organization that provides crisis intervention and mental health support to individuals in Washington state. They offer a crisis hotline, text support, and other resources for individuals in need.
Mental Health Services Oversight and Accountability Commission	Phone: (916) 445-8696 Website: mhsoac.ca.gov	The Mental Health Services Oversight and Accountability Commission is a state agency that oversees mental health services and provides guidance on policy and funding related to mental health in Washington. They offer resources and information on mental health policy and advocacy.