

Sample Budget Story

- Salutation** Dear (Representative/Senator/Governor):
- Introduce yourself** My name is Jenny Jones from Springville and I am writing to urge you to oppose cuts to mental health funding. I am the mother of a son who lives with bipolar disorder and I can tell you that mental health care can make the difference between despair and recovery. I have seen it in my own family.
- My son is a young adult who is enjoying life, working hard and making me proud. It wasn't always that way. Before he got the treatment he needs, I saw him in the back of police cars and held him in my arms after a suicide attempt. No child—and no family—should have to go through this.
- Tell your story** My family is not alone. One in 17 people lives with a serious mental illness, so the need for mental health care hits more families than you would think.
- With treatment, recovery is possible—my son is living proof. However, cuts to mental health care will leave people in our state without the treatment they need and will lead to increased encounters with police and visits to emergency rooms. The pain and cost this will bring to families and to communities is unacceptable.
- Make your “ask”** Please reject cuts to mental health funding and preserve the hope of recovery.
- Thank you** Thank you for your support of people who live with mental illness.