



For MHFA Instructors- email or voice mail

Subject: Prioritizing Mental Health First Aid in Ohio's Budget

Dear [Representative's Name],

My name is [Your Name], and I am a certified Mental Health First Aid (MHFA) instructor. Being an instructor has allowed me to see firsthand how Mental Health First Aid training equips individuals with the skills to identify, understand, and respond to signs of mental health issues and substance use disorders.

Based on the numerous stories I hear from participants, this training is more important than ever because it can help:

- prevent mental health issues from escalating due to early identification and intervention
- reduce the need for intensive and costly treatments
- create a network of support that strengthens community resilience
- reduce the stigma associated with mental health issues
- encourage more people to seek help and support
- lead to reduced healthcare costs and improved productivity

Please consider adding MHFA to your budget priority list so we can make a significant positive impact on the mental health and well-being of our communities.

I'd also like to invite you and your staff to attend the Pies and Policy Reception on Wednesday, January 29th from 4:30 to 6:30 to talk to MHFA advocates about why it makes sense to support mental health education for lay people.

Thank you for your time and consideration.

Sincerely,

[Your Name]

MHFA Instructor