

ACTION ALERT!



*Tell your friends
and colleagues!*



Email your US House and Senate members to show your support for the “Community Mental Wellness and Resilience Act”

Do you want to prevent and heal mental health problems generated by the climate crisis and other adversities? How about supporting efforts that also engage communities in climate solutions?

Please contact your House and Senate members to urge support of the "Community Mental Wellness and Resilience Act"!

What will the bill do?

House bill HR ___ and its Senate Companion bill SB ___ would fund and provide technical assistance to support the formation and operation of broad and diverse coalitions across the nation that build mental wellness and resilience for adversities and implement local climate solutions.

Spread the word!

Please take 5 minutes to contact your House and Senate members. You are welcome to use the template below.

We recommend letting your representative know who you are and how the psychological and emotional effects of climate change personally impact you.

CONTACT US FOR MORE INFORMATION:

The International Transformational
Resilience Coalition (ITRC)



tr@trig-cli.org



<http://itrcoalition.org>

Below are three templates (rural, urban, mental health focused) that you can use when contacting your House and Senate member. We encourage you to tailor these templates to you!

If you live in a RURAL area, consider these discussion points:

As a constituent, I am writing to ask that you support House bill HR__ and its Senate Companion bill SB __. This important measure would put funding in the hands of our community to create and apply methods to help our residents strengthen their capacity for psychological and emotional wellness and resilience for extreme weather events and other disasters and stresses happening in and around our area.

In rural communities, access to mental health services can be limited, which makes it even more important to focus on promoting mental health and resilience through community-based initiatives. Rural areas often face unique challenges such as isolation, lack of resources, and limited access to healthcare services, which can all contribute to poor mental health outcomes. This is particularly true in the aftermath of natural disasters, where rural communities can experience significant emotional distress and trauma.

The legislation is not focused on adding more mental health providers to our community. Instead, it will fund and support the development of locally designed, culturally tailored approaches that help all residents prevent and heal psychological and emotional distresses as they engage in solutions to many local challenges. By supporting community-based initiatives, we can help to build capacity for resilience and prevent more serious mental health issues from arising.

I strongly support this legislation and ask that you co-sponsor the bill and use your influence to advance the bill to enactment. This bill will help to build a more resilient community and provide much-needed support for our residents in times of crisis.

Thank you for considering my request on this important topic. I look forward to your response.

Sincerely
[your name]

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If you live in an URBAN area, consider these discussion points:

As a constituent, I am writing to ask that you support House bill HR__ and its Senate Companion bill SB __. This important measure would put funding in the hands of our community to create and apply methods to help our residents strengthen their capacity for psychological and emotional wellness and resilience for extreme weather events and other disasters and stresses happening in and around our area.

In urban communities, the stressors of daily life can take a toll on mental health, and natural disasters can exacerbate these challenges. For example, extreme weather events can disrupt access to essential services such as transportation, healthcare, and electricity, leading to increased anxiety, depression, and trauma. Urban areas may also face unique challenges such as high levels of crime and violence, which can contribute to poor mental health outcomes.

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Sincerely
[your name]

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If you work in the MENTAL HEALTH sector, consider these discussion points:

As a constituent, I am writing to ask that you support House bill HR__ and its Senate Companion bill SB __. This important measure would put funding in the hands of our community to create and apply methods to help our residents strengthen their capacity for psychological and emotional wellness and resilience for extreme weather events and other disasters and stresses happening in and around our area.

The legislation is not focused on adding more mental health providers to our community. Instead, it will fund and support the development of locally designed, culturally tailored approaches that help all residents prevent and heal psychological and emotional distresses as they engage in solutions to many local challenges. By supporting community-based initiatives, we can help to build capacity for resilience and prevent more serious mental health issues from arising.

This bill would be particularly important for those who work in mental health as it would provide a framework for developing and implementing innovative approaches that can better meet the needs of urban communities. By empowering local organizations to develop their own programs, mental health providers can work alongside community members to promote mental health and resilience, building trust and creating stronger relationships. This approach can lead to better outcomes for those seeking mental health services and a more comprehensive approach to addressing the mental health challenges in our communities.

I strongly support this legislation and ask that you co-sponsor the bill and use your influence to advance the bill to enactment. This bill will help to build a more resilient community and provide much-needed support for our residents in times of crisis.

Thank you for considering my request on this important topic. I look forward to your response.

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