



Mental Health Reform

Support the Pre-Budget 2019 Submission

#IAmAReason

SOCIAL MEDIA

Follow us on social media to keep up to date with our Pre-Budget 2019 campaign.

Share our updates with your friends, family and followers to help spread the word.

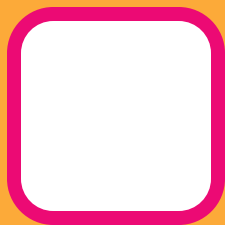
Use **#IAmAReason** to track the conversation on mental health in Budget 2019.



SHARE YOUR REASON

If you would like to share why you feel it is so important to increase the mental health budget in 2019, let us know.

Share your reason online and use **#IAmAReason** and tag us in your post.



CONTACT TD'S & SENATORS

Contact your local TD's and Senators and request their support for our submission on mental health for Budget 2019.

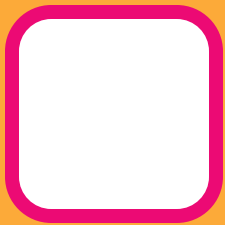
Tell your TD & Senator why this matters to you and why we need to ensure that we have the much needed resources for our mental health supports and services in Ireland.



CREATE CONVERSATION

Mental health is a matter that concerns everyone - we all have mental health. So we all need to make sure we play our part to let the Government know that we need it to be a priority in Budget 2019.

Without enough funding, our mental health services will not be to support people when they need it. Have conversations with your friends, family, colleagues and neighbours.



DONATE

The work we do in advocating and campaigning for reform of our mental health services and supports is made possible by our supporters. If you would like to donate to Mental Health Reform to help us keep campaigning, please do. Your money drive forward progressive change and make our voice louder: www.mentalhealthreform.ie/donate/

