



Advocate in your slippers: easy steps to connect with your legislator

Thank you for protecting your profession by letting your state representative know what you do and why it is important.

It's easy to make a Zoom appointment with your legislator during AAPPN's Lobby Week January 20-28, 2022. It only takes a few minutes!

1. If you don't know who your legislators are, look them up at <http://app.leg.wa.gov/districtfinder>. Under "District Type," choose Legislative.
2. A map will appear with the names of your legislators. When you click your legislator's name, you will be forwarded to the legislative roster.
3. Email or call your legislator's office to make an appointment.
4. Tell them you are constituent and that you would like to meet with the legislator or, if they are not available, a legislative aide. Let them know what times are good for you.
5. They will respond to work out a time slot (usually 10-15 minutes).

Okay, I've made the appointment ... what do I talk about?

Your legislator wants to know about the work you do and the clients you serve. You don't need to know about all the legislative details. What your legislator will want to hear about is your experience and your perspective on mental health care in your community.