Dear Advocate,

Happy National School Psychology Week and [**Advocacy Action Day!**](https://www.nasponline.org/research-and-policy/advocacy/national-school-psychology-week-(nspw)/advocacy-action-day#:~:text=NASP's%20Advocacy%20Action%20Day%20will,Wednesday%2C%20November%2011%2C%202020.&text=Below%20are%20a%20set%20of,year%3B%20not%20just%20during%20NSPW!)Your advocacy today is more critical than ever, as we prepare for next year’s Congress and state legislative sessions. These actions can make a difference - and they shouldn’t take more than five minutes of your time!

Here’s how to participate:

1. Use this link <https://cqrcengage.com/naspweb/app/write-a-letter?11&engagementId=509843> to send an advocacy letter to your **state and federal representatives.**

3. **Post a message to your social media accounts**, reinforcing the message of protecting school psychological services. Don’t forget to tag your representatives and use the hashtags #NASPadvocates, #VASP4kids, and #SPAW2020.

4. **Connect with your school board** to see how you can advocate at the local level. Some ideas: subscribe to email newsletters/notifications of meeting agendas and announcements; send an email advocating for school mental health to your representative; and join local education social media groups. Use our [resource guide to advocate for school psychologist positions](https://www.nasponline.org/Documents/NASP%20Resource%20to%20Advocate%20for%20Positions%20-%20FINAL%209.17.20(0).pdf) for additional ideas.

Feel free to reach out with any questions. Thanks for all that you do!

VASP Legislation Committee