

## Introduce Yourself to a Legislator

While calling or emailing a legislator can be intimidating, the reality is that YOU are a constituent and YOU elect your legislators. They are there to listen to you and understand your issues and concerns. LEGISLATORS WELCOME COMMUNICATION FROM CONSTITUENTS!

You can identify and get contact information for your Assembly Member at <http://assembly.state.ny.us/mem/> and Senator at <http://www.nysenate.gov/senators>

Sample script:

“Hi. My name is (insert name). I am a constituent from (insert town or city) and I am a school psychologist. I am calling (emailing) today to introduce myself (or “contact you,” if you have previously communicated with your legislator) to the Senator/Assembly Member and let them know why mental health supports for children and families in the schools and communities are so important. (Insert a brief “story” or example of how students have been impacted by the pandemic or changes that you are seeing in the mental health needs of students. Be sure to highlight the role of school psychologists in supporting these needs.). Please know that school psychologists are here to help, both our students and families. I am also available to provide you any resources or answer questions related my work that may support some of your priorities.

Thank you”

Please feel free to reach out to NYASP President Christopher Van Houten, [christopher.vanhouten@nyasp.org](mailto:christopher.vanhouten@nyasp.org), or NYASP Legislative co-Chairs, Kelly Caci, [Kelly.caci@nyasp.org](mailto:Kelly.caci@nyasp.org), or John Kelly, [john.kelly@nyasp.org](mailto:john.kelly@nyasp.org), if you need any support or have questions.