



The Jed Foundation

Subject: The Time to Support Teen and Young Adult Mental Health is NOW!

Dear **[[Recipient's Title and Name]]**:

My name is **«First Name»**, and I currently live in **«City»**, **«State»**.

I care deeply about our nation's teens and young adults. **«Personalize Your Message»**

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), nearly 3 in 10 young adults (ages 18-24) experience a mental health challenge each year, with issues like depression and anxiety acting as significant impediments to academic success for many students. Suicide continues to be a leading cause of death among 10 to 34 year-olds. We can support the mental health of our teens and young adults by promoting comprehensive mental health and suicide prevention planning, providing culturally responsive support, ensuring equitable access to care, and funding prevention programming in schools and communities.

Protecting emotional health and preventing suicide, particularly of this population, must be recognized as a national priority at the local, state, and federal levels. I am reaching out to you today to make sure that you take this issue seriously and show your constituents, like me, that you are working to ensure that all teens and young adults are equipped to navigate mental health challenges, and are emotionally prepared to enter adulthood and fulfill their potential. You can make a difference by supporting legislations like *The Youth Mental Health and Suicide Prevention Act* (H.R.1803), *The Enhancing Mental Health and Suicide Prevention Through Campus Planning Act* (H.R.4327), *Mental Health Services for Students Act* (H.R.721), *Higher Education Mental Health Act* (S.1204), and *Pursuing Equity in Mental Health Act* (H.R.5469).

As we emerge from a pandemic that has had an exacerbating impact on mental health, the time to act is now!

Sincerely,

**[ Your Full Name ]**

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Find your elected representatives/senators [HERE!](#)