



ASPIRE so happy to announce that we are participating in this year's **Virtual Voices for Mental Health: An Online Day of Action**, and you're invited!

Hosted by the International OCD Foundation as part of **OCD Awareness Week**, **Virtual Voices for Mental Health: An Online Day of Action** includes an evening of live programming and a day of advocacy activities that you can do from your phone or computer:

- On **Monday, October 12th**, we will rally together for an evening of live virtual programming that will prepare you to be an effective advocate for key mental health legislation. Programming will begin at 7 pm ET.
- On **Tuesday, October 13th**, we will invite you to **take action by contacting your elected representatives** via email and making your voice heard. Our system will give you all the information you need to connect with your representatives, and templates will be provided.

This event is open to people with OCD and related disorders, their families, friends, clinicians, and all other members of the mental health community. We welcome seasoned advocates and first-timers alike!

[Register Today](https://iocdf.org/virtual-voices-for-mental-health-an-online-day-of-action/)

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Questions? Get in touch at [advocacy@iocdf.org](mailto:advocacy@iocdf.org). We hope to see you there!



[www.ASPIRE.care](http://www.ASPIRE.care)