

# May 3-9, 2026

## Children's Mental Health Week



### **Legislative Advocacy!**

*Your voice really makes a difference in local issues!*

- Join PPAL's Family Advocacy Alliance. We're aiming for at least one family in each legislative district! [Subscribe to PPAL's mailing list for updates!](#)
- Get to know your state legislators! Call your State Senator and Representative. <https://malegislature.gov/Search/FindMyLegislator>
- Ask your legislators to support the bills that are important to you and your family. Legislators don't need hundreds of requests to support bills- just a few from their constituents to let them know your priorities. Find current bills here: <https://malegislature.gov/Bills/Search> or look to organizations championing issues important to you, like the Children's Mental Health Campaign.
- Learn about the State Budget process - visit <https://massbudget.org/research/budget-resources/>
- Join PPAL's bimonthly meeting The Inside Track to hear more about everything advocacy! View our calendar and register here: <https://ppal.net/events/>

### **Educational Advocacy!**

*Want to get more involved in your child's school?*

- Learn more about Special Education Parent Advisory Councils! <https://fcsn.org/masspac/>
- Connect to your local School Committee or learn more about them from MASC (Massachusetts Association of School Committees) <https://www.masc.org/>
- Join your local Parent/Teacher Organization: <https://www.massachusettspta.org/>

Download PPAL's  
Children's Mental Health  
Week Toolkit

[Visit PPAL.net to learn more](#)

scan to view virtually and access links!

