



Mental health change  
takes all of us.



# Mental Health Matters Day

2025

A tradition for nearly three decades. Across New York State, advocates visit Albany to learn about mental health policy and engage legislators.



Join us

March 12, 2025

Empire State Plaza, Albany, NY

[mhanys.org/mental-health-matters-day](http://mhanys.org/mental-health-matters-day)

