

Your story matters! Please help advocate for Early Psychosis Coordinated Specialty Care Programs and supporting organizations like HeadsUp and the Maryland EIP.

Help disseminate an urgent appeal for advocacy. We need the support of our stakeholders – the people who have experienced symptoms of psychosis & their family members – and our program staff who dedicate their efforts to providing clinical care. We ask that you please distribute this information widely in your networks.

Our stakeholders are the most powerful and important voices to help save the future of mental health research and clinical care!

Congress is deciding whether to severely cut funding at the Substance Abuse and Mental Health Services Administration (SAMHSA) and National Institute of Health (NIH). These cuts are a direct threat to life-saving mental health programs and research for first-episode psychosis as well as the 988 Suicide & Crisis Lifeline.

Why It Matters

- \$1.3B in SAMHSA grants were abruptly cut, slashing Mental Health Block Grants and crisis resources like the 988 Lifeline.
- SAMHSA's restructuring into the Administration for a Healthy America (AHA) agency risks disrupting early psychosis care, medication access, and job training for young adults.
- Medicaid cuts could force stable patients into relapse and create dangerous waitlists.
- These cuts directly undermine the SAMHSA budget's goals to expand early psychosis care and integrate mental health/substance use treatment, disproportionately harming young people in recovery.
- The severe cuts and restructuring proposed for NIH is already causing a drop in research grants and will have a devastating impact on our ability to make new treatment discoveries.

Critical Actions YOU CAN TAKE NOW

- **Send a letter to your state's representatives in the House and Senate:**
 - [PA State Representatives](#), [MD State Representatives](#)
 - Use [5calls.org](#) to connect instantly—calls are prioritized over emails. If you like what they are doing, let them know. If you feel they need to take action, let them know.
- **Amplify with NAMI**
 - Share your story via [NAMI's advocacy tool](#) to automatically reach your lawmakers.
 - By sharing your [story here](#), you agree that NAMI may use your story (in any part, full or edited) for the purpose of advocating.

Your voice ensures that Congress protects SAMHSA/NIH funding for the health of ALL AMERICANS..

Not sure how to share your story?

- Here are a few writing prompts:
 - What happened to you or your loved one? Include the main highlights or most important thing they should know about what happened to you or your loved one.
 - What helped (or would have helped) you or your loved one? If you had a negative experience, write about what needs to improve. If the experience was positive, write about how we need to discover more things that help.
 - Share a pivotal moment when care (e.g., treatment, peer support) gave you hope. How would losing SAMHSA/NIMH-funded programs have derailed your progress?
 - Describe the resources that helped you or a loved one in recovery— or what was missing during a crisis. How would funding cuts would worsen these gaps?
 - Describe how your recovery has impacted not only your life but also the lives of those around you (family, friends, coworkers). What happens if these supports vanish?

Do you want to submit your own Op-Ed to a local paper?

- How to find your local newspapers and get professional help with the op-ed: <https://sciencehomecoming.com/>

Thank you for any actions you can urgently take to support this vital work.