

A Guide to Psychiatric Advocacy as a Medical Student

Student Voices are Powerful

You don't have to wait until you're a practicing psychiatrist to make a difference. **As a medical student, your voice is powerful and can help shape the future of mental health care.**

Whether it's advocating for better patient access to psychiatric services, supporting mental health parity, or influencing how psychiatry is taught and practiced, students have a critical role to play in the advocacy process. Policymakers at every level: federal, state, and local need to hear from future physicians like you.

Through PsychSIGN and the APA, you have the opportunity to speak up, get involved, and create meaningful change that will impact not only your future practice but the lives of countless patients and families.

Ready to raise your voice? Let's get started.

Staying Informed

The best way to start your advocacy journey is to learn about the issues and opportunities.

APA Advocacy

- Keep up to date with [APA Advocacy Actions](#)
- Sign Up for [APA Advocacy Alerts](#)
- View [Recent APA Advocacy](#)
- View Current [APA Policy](#)
- Participate in the [APA Advocacy Challenge!](#)

Connect with your State Psychiatry Association

- Find contact information for your state association [here!](#)

Know your Legislators

- Find your national, state, and local representatives [here!](#)

Join the PsychSIGN Advocacy Committee!

Passionate about mental health advocacy? PsychSIGN is looking for students interested in joining our new Advocacy Committee to help build our impact psychiatry policy and advocacy endeavors. Read about our four Advocacy Committee subcommittees that you can join as regular members or apply to be a leader of!

- **Resolution Review:** Review resolutions and policy ideas related to psychiatry that have been submitted to the [American Medical Association](#) or [American Psychiatric Association](#) to become potential policy for the organizations to act on.
 - **Committee Leads:** Jon Bernard & Terry Derias
- **Advocacy Updates & Calls to Action:** Keep our community informed and mobilize members for action on topics related to psychiatry. Check out our monthly Advocacy Corner Updates [here!](#)
 - **Committee Leads:** Alyona Lee, Nina Jaeger, Samyukta Karthik
- **Policy and Advocacy Education & Speaker Series:** Develop advocacy speaker series for PsychSIGN members to learn about various types of advocacy in psychiatry and how to get involved.
 - **Committee Leads:** Momo Cote, Rachel Westphal
- **Growth Proposals:** Help drive the expansion of our advocacy initiatives and expand our connection with the American Psychiatric Association through working on proposals to collaborate with the APA Advocacy Business Unit, Psychology PAC, APA House of Delegates, and more.
 - **Committee Leads:** Ramsha Shams, Subirah Hendrickson, Kavya Tangella

Feel free to contact psychsignama@gmail.com with advocacy-related questions, thoughts, or if you are interested in getting involved with the PsychSIGN Advocacy Committee!

🌟 Student Advocacy Highlights 🌟

Share Your Advocacy and Inspire Others!

Have you or your PsychSIGN chapter been involved in advocacy work? Whether you've organized an event, written a resolution, met with lawmakers, or promoted mental health awareness in your community—we want to hear about it!

Submit your advocacy efforts to be featured in the PsychSIGN newsletter, highlighted on our website, or blog! Your work can inspire fellow students across the country and show just how powerful student voices can be in shaping the future of psychiatry. Big or small, every action counts!

Submit your highlights [here!](#)

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