



**Without the voice of those people interested in ADHD, CADDAC alone cannot hope to effect change!**

CADDAC needs families and individuals with an interest in ADHD to speak up in order to be heard. We cannot do it without your help!

For more information on this topic and to learn how you can be an effective advocate please access our Advocacy Toolkit.

### **How You Can Help**

If you are interested in these issues we strongly encourage you to write a letter to your MP, MPP, MNA or MLA, as well as your Minister in the area of Health, Education, Child and Youth, Social Services, Justice, or any other ministries that you feel should be informed about ADHD. Let them know why you are interested and why they should be interested.

When meeting with government representatives we are frequently told that they do not hear from their constituents on this topic and are therefore not overly interested in becoming involved. Governments estimate that every letter they receive on a topic represents an additional 50 to 60 people also concerned about the topic that have not bothered to write a letter, so please know that your one letter is of great value.

OR

Write a letter to the editor of your local newspaper.

You can access helpful instructions and our template letters, as well as information on how to find your legislative representative's contact information on our additional dropdowns.

In addition, we would ask that you forward your letter to CADDAC via our feedback sections under our advocacy campaigns on the left hand side bar.

