

This webinar is being recorded and the link will be shared.

National Voter Registration Day

Save the Date: Tuesday, September 15



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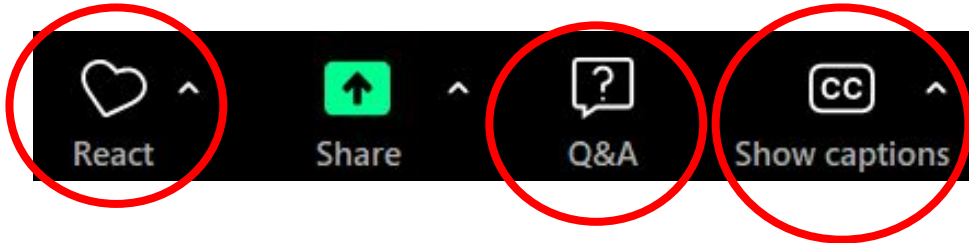
Protecting Your Mental Health While Doing Voter Engagement

Thursday, May 28, 2026



Housekeeping

- **This webinar is being recorded** and the link will be shared.
- There will be a Question & Answer session
 - Please add your questions in the **Q&A box in zoom**, not in the chat.
- **Closed Captioning** is available



Who we are and what we do

- **Mission:** Nonprofit VOTE is the managing partner of the holiday and we equip our nation's nonprofits with nonpartisan tools and resources to help the communities they serve participate in voting and democracy.
- **Vision:** We envision a diverse network of nonprofits across the United States with the skills, resources, and commitment needed to foster a more inclusive democracy where all voices are heard, particularly those currently underrepresented in the voting process.



[Nonprofit VOTE 2023-2024
Biennial Report](#)



About National Voter Registration Day

109 days
til Sept 15!

- Since 2012, National Voter Registration Day and its partners have helped register over 6 million voters.
- In 2024 alone, 820,000 people registered or updated their registration—1 in every 120 eligible voters nationwide.
- Thousands of diverse partners participate annually, supported by national endorsements and free tools for digital and in-person outreach.
- The holiday is endorsed by the National Association of Secretaries of State (**NASS**), the National Association of State Election Directors (**NASED**), the U.S. Election Assistance Commission (**EAC**), and the National Association of Election Officials (**The Election Center**).



Thank you to our generous sponsors!



Microsoft



LEVI STRAUSS & CO.



The six rules for becoming an NVRD partner:

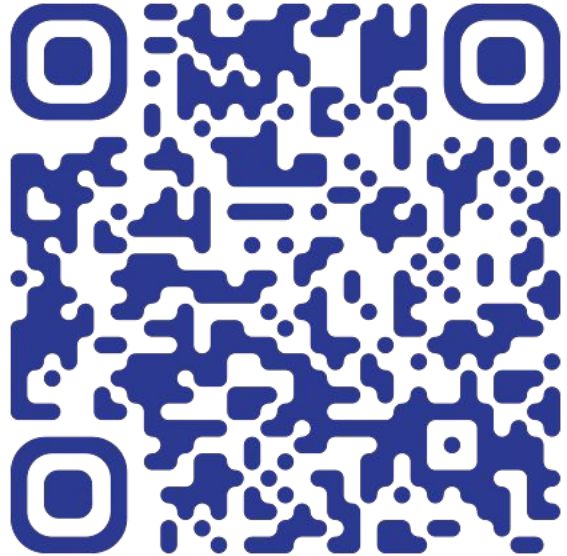
1. Be **nonpartisan**.
2. Be **inclusive**.
3. Be **informed** about your state's voter registration laws.
4. Stay **non-transactional**.
5. Be **#VoteReady**
6. And **have fun!**



Sign as a **2026 community partner!**

Over 700+
have
signed on!

Scan the QR code with
your camera app or click
the link in the chat to sign
up!



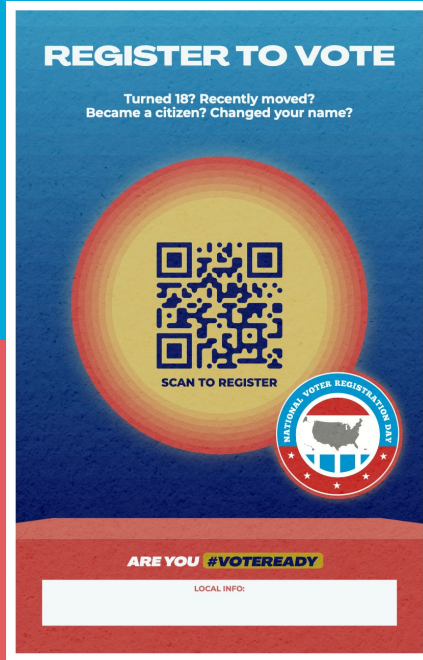
What you can do as a **community partner**



- **Step up** for those who have to step back.
- Display **posters and stickers** around your community (starting in August).
- Host a voter registration drive on **Tuesday, September 15th**.
- **Cross-promote** NVRD on your social media.
- **Share** the event with your networks.
- Encourage your **local election office** to celebrate the day.
- Attend ongoing **webinars and trainings** to stay up to date on key requirements.



What you'll receive as a community partner



- **Posters and stickers**
 - Will be available for digital downloads and editable in Canva
- **Toolkits: Communications, field, social media toolkits**
 - Including recommended copy for press and social media to help make promotion of the holiday low-lift
- **Fact sheets**
 - For community partners, high schools & campuses, election officials, and employee engagement
- **Ongoing webinars**



**BUILT BY US
POWERED BY US**

Aflac
Alliance
CAA
Comcast
Google
IBM
Microsoft
Verizon

**NATIONAL VOTER
REGISTRATION DAY**
SEP 15 2026

SUPPORTED BY:
National Association of Secretaries of State
National Association of Election Officials
National Association of State Election Directors
U.S. Election Assistance Commission

LOCAL INFO:

REGISTER TO VOTE HERE →

Turned 18? Recently moved?
Became a citizen? Changed your name?

REGISTER TO VOTE

**BUILT BY US
POWERED BY US**

SCAN TO REGISTER

ARE YOU #VOTEREADY?

LOCAL INFO:

★ CELEBRATING AMERICA'S 250TH ANNIVERSARY



Setting the Stage



What we hope you'll take from this webinar

- ✓ A deeper understanding of the connection between mental health and civic participation
- ✓ Insight into structural barriers and their real-world impact
- ✓ Practical strategies for sustainable engagement and well-being
- ✓ A reframed view of civic engagement as a tool for connection and empowerment



Today's speakers



Brandon Graham
Director of Advocacy
National Alliance on Mental Illness



Teisha Garrett
Managing Director
Democracy Security Project



National Alliance on Mental Illness



Brandon Graham serves as Director, Advocacy at the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization. Brandon oversees NAMI's advocate development and mobilization to advance policies that build better lives for all people affected by mental health conditions. Brandon is responsible for its strategic advocacy campaigns — including the nonpartisan #Vote4MentalHealth campaign to help people understand the impact of their vote on mental health care in the U.S.

Brandon Graham
Director of Advocacy



By The Numbers: You Are Not Alone

- More than 1 in 5 U.S. adults experience mental illness each year
- More than 1 in 20 U.S. adults experience serious mental illness each year
- More than 1 in 7 U.S. youth ages 6-17 experience a mental health disorder each year
- 1 in 3 U.S. adults with mental illness also have a substance use disorder
- At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue
- 17.6% of U.S. Veterans experienced a mental illness in 2023
- 9.6% of Active Component service members in the U.S. military experienced a mental health or substance use condition in 2021



<https://www.nami.org/mental-health-by-the-numbers/>



By The Numbers: The Ripple Effect

- Only half of people with a mental health condition received treatment
- 120+ million live in a designated Mental Health Professional Shortage Area
- Adults with mental illness are unemployed at a higher rate than adults without
- High school students with recent symptoms of depression are more than 2x as likely to drop out compared to their peers
- 18.1% of people experiencing homelessness in the U.S in 2024 had a serious mental illness
- Depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year
- Suicide is the 2nd leading cause of death among people ages 10-24



<https://www.nami.org/mental-health-by-the-numbers/>



Why NAMI Cares About Elections

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization — with more than 650 local affiliates across the country — dedicated to building better lives for the millions of Americans affected by mental health conditions.

Mental health services and supports are affected by:

- Different policy issue areas (economy, housing, health care, criminal justice, etc.)
- Different policymakers at all levels, from U.S. Senators to school board members

Mental health should be a key issue in every election – because people are already voting on mental health.

#Vote4MentalHealth is a campaign led by NAMI to promote nonpartisan voter participation and elevate discussions about mental health policy during elections.

Learn more at Vote4MentalHealth.org



Practicing Self-Care During Elections Season

While we make mental health a priority at the ballot box, we also need to make mental health a priority for ourselves.

1) Get elections news and updates from nonpartisan sources.

2) Silence breaking news notifications or delete news apps.

3) Take breaks from screens.

4) Spend your time doing things for you.

5) Acknowledge your negative feelings.

6) Show yourself compassion.



Democracy Security Project



Teisha Garrett
Managing Director

Teisha J. Garrett (she/her) is a veteran strategist, marketer, and civic engagement leader with more than 20 years of experience spanning government, nonprofits, technology, and political campaigns. She has led fundraising, marketing, and engagement efforts for organizations including EMILY's List, Women for Women International, the Democratic Senatorial Campaign Committee, and International Medical Corps, and served in the Obama Administration as White House Liaison at both the National Endowment for the Humanities and the EPA. Most recently, she was Vice President of Marketing at Civitech and previously served as President of Run the World Digital, advancing pro-democracy initiatives through innovative growth and communications strategies. A graduate of James Madison University, she lives in the Washington, D.C. area and remains active in community leadership and advocacy.





200+ Trainings



2,000+ Orgs Reached



14,000+ Trained



50 States



RAISE AWARENESS We work to increase security awareness & consciousness. We create space for people to be heard and share their experiences.



DIRECT SUPPORT We offer real-time, trusted 1:1 direct support, assessment & referral for all types of groups, leaders, and organizers across the country on a wide range of threats.



ASSESSMENT We bridge campaign & crisis management with security experts to ensure a deep assessment of needs and solutions for individuals and organizations.



TRAININGS We provide trainings to help women, BIPOC, LGBTQIA+, religious minorities, and others to have access to the tools & resources they need to make a difference safely.



IMPLEMENTATION We offer wrap-around support and help with implementation of plans and tools related to physical, cyber, events, legal, and crisis communications and planning.

SAFETY IS PERSONAL.

THE MOST IMPORTANT DETERMINING FACTOR IN DECIDING HOW TO RESPOND TO INTIMIDATION IS THE IMPACT IT IS HAVING ON YOU.

REGARDLESS OF WHAT OTHERS MAY THINK IF IT IS HAVING AN EFFECT ON YOU THEN THAT IS SUFFICIENT ENOUGH FOR YOU TO TAKE ACTION.



THREATS



Emotional Boundaries

Becoming engaged requires several considerations. Once you're involved, it is important to think about your own well-being and the impact that involvement may have on you.



Types of Disruption & Harm



Protests

Protesting, including chanting or posturing, at town halls, community events, or campaign stops. Can involve multiple people seeking to draw attention or provoke a response.

Trackers

An individual, employed to follow and record public appearances and statements. The goal of a political tracker is to capture footage to discredit campaign and candidates.

Confrontation

Individuals attempting to physically enter events to sabotage events by drawing attention, damaging equipment, stealing materials, or causing intentional chaos.

Assault

Unwanted physical contact, such as pushing, grabbing, or blocking movement. This includes throwing objects, such as drinks, pamphlets, or projectiles during events and threatening gestures meant to invoke fear without touching.²⁴

Risk Evaluation

How Likely is it?	Certain / imminent					
	Highly Likely					
	Likely					
	Possible					
	Unlikely					
		Negligible	Minor	Moderate	Severe	Critical

How Harmful is it?



Harassment & Intimidation

What to Remember



1. Project Calm and Confidence.



2. Maintain Distance.



3. Practice De-Escalation.



4. Know When to Leave.



Engaging in De-Escalation



Observe. Calmly assess the situation. Orient yourself, and decide whether to act or leave.



Ground Yourself. Make sure to take full deep breaths. Tense and release your muscles. By breathing and releasing tension in your muscles it projects calmness.



Maintain Distance. Create some space between you and the individual. Slowly distance yourself by taking small steps back. Keep your hands visible and open at all times.



Speak calmly. Engage in calm dialogue, active listening, and maintain eye contact.



Continue to follow established protocols.



Know When to Leave. If you feel unsafe, calmly disengage, and step back slowly without turning your back, move to a safe location while being able to observe from a safe distance.



Report. Document all unsafe interactions.

EMOTIONAL BOUNDARIES



Learn how to regulate your emotions. Practice techniques that help you release tension and ground yourself.



Avoid isolating yourself. Remember that you are not alone in this work, many others stand with you.



Set Boundaries. Whether in your personal or professional life, set boundaries when needed, especially if you feel unsafe or uncomfortable in an interaction.



Find moments of joy. This work can be heavy, so seek moments that bring you joy.



Mental Support. Honor your mental health and seek professional support.



Applaud Yourself. Take a moment to express gratitude for the courage and commitment it takes to get involved.

Contact us for help

info@dspactionfund.org

1-234-DSP-HELP



**DEMOCRACY
SECURITY
PROJECT**
ACTION FUND



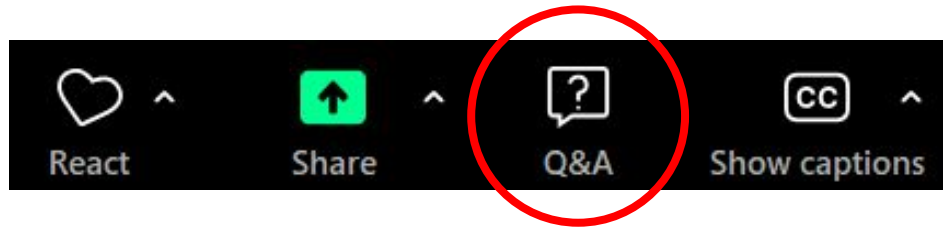
FIND US:



Panel Discussion



Q&A Time!



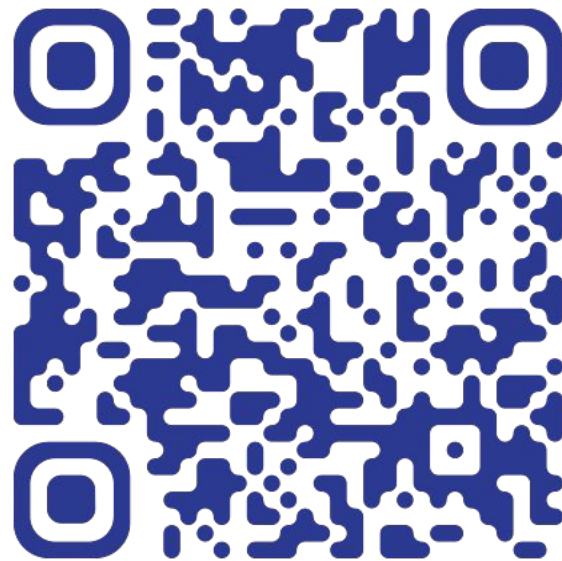
Next Steps



Sign up now as a 2026 community partner!



Scan the QR code with
your camera app or click
the link in the chat to sign
up!



\$2.50 for the 250th?



Donate as little as \$2.50 to keep NVRD free and open to all!

Support National Voter Registration Day

\$2.50	\$25	\$50	\$100
\$250	\$500	\$ Other	

Make This Recurring

Weekly

CONTRIBUTIONS WILL GO TO [National Voter Registration Day](#)

Credit Card Number *

Month *

Year *

Security Code *

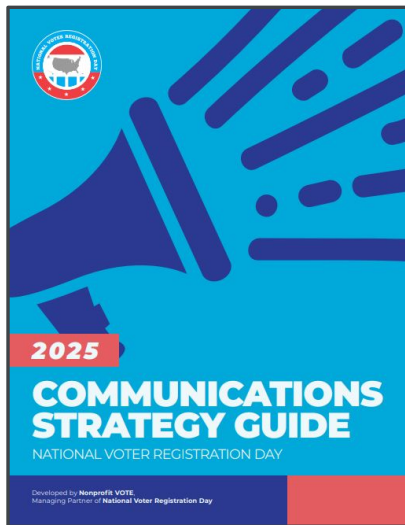
Mobile Number, (201) 555-0123

SECURELY CONTRIBUTE NOW

Opt in to email updates from National Voter Registration Day



Some resources to get you started...



<p>CONDUCTING A REGISTRATION DRIVE IN VIRGINIA</p> <p>VOTER REGISTRATION</p> <ul style="list-style-type: none"> For general and primary A specific turnout drive Voters can register and the early voting period. <p>GETTING STARTED</p> <p>State Guide: The state's guide drives can be found here: http://www.elections.virginia.gov/press-voter-registration/</p> <p>Registration Drives.pdf</p> <p>Please carefully read all the guide. Additional information Department of Elections on H registration drive can be found elections.virginia.gov/press-voter-registration/</p> <p>Training Requirement: Voter participants must register and they request 25 or more voter from the Virginia Department local Registrar. Contact your local Registrar. Contact your local Registrar. Contact your local Registrar.</p> <p>Notification and Registration: Upon completion of training, a person will complete an affidavit request 25 or more voter registration drive volunteers. They must certify that all individual registration drive will be team.</p> <p>Compensation Restrictions: Individuals and organizations registration drive volunteers & how many registrars they is applicant any incentive of no registrars to vote.</p>	<p>CONDUCTING REGISTRATION IN KENTUCKY</p> <p>VOTER REGISTRATION</p> <ul style="list-style-type: none"> Applications must <p>GETTING STARTED</p> <p>Training Requirement: No training or registration drive.</p> <p>Notification and Registration: Kentucky does not have no registration drive, but the drive's organization to act in the county clerk. The state here: elect.ky.gov/Voters/Pages/01-Drives.aspx</p> <p>Compensation Restriction: drive participants based on they collect. It is a class B fee. Do not offer an applicant a value to register to vote.</p> <p>OBTAINING APPLICANT</p> <p>State Form: The state mail application can be download Elections (EBE) website here: https://elec.ky.gov/Resource/08/2025/02/02/2025%20Voter%20Registration%20Application.pdf</p> <p>You may also request voter your county clerk or (for) by your county clerk here: CountyClerk@ky.gov</p> <p>Federal Form: The federal application on your voter registration form is Photo ID issued by the US government that contains a current address.</p> <p>Photocopying Blank Form: will be photocopied and used</p>	<p>VOTER REGISTRATION IN NEW HAMPSHIRE</p> <p>New Hampshire law does not allow third-party registration or voter registration drives.</p> <p>Fair Elections Center Nonprofit VOTE</p> <p>VOTER REGISTRATION DEADLINES</p> <ul style="list-style-type: none"> New Hampshire allows Election Day registration. Applications to register before Election Day must be received by the day of the local election officials' last check-list meeting, which occurs 6-13 days before Election Day. Check with your local clerk for the exact date. <p>HOW TO REGISTER TO VOTE IN NEW HAMPSHIRE</p> <p>There are three ways to register to vote in New Hampshire:</p> <ul style="list-style-type: none"> Register in person at your town or city clerk's office. Register in person with your community's Supervisors of the Checklist. By law, the Supervisors of the Checklist are required to meet on a day 6-13 days prior to each election. Check the local newspaper or call your clerk's office for the date and time of such meeting. Register at your polling place on Election Day. All voters must show proof of identity, age, citizenship, and domicile, which must be satisfied with documents. <p>See the following for the state's guide to voter registration: voters.nh.gov</p> <p>An individual is eligible to vote if they are:</p> <ul style="list-style-type: none"> All at least 18 years old by Election Day A U.S. citizen Domiciled in the city or town where the person is registering to vote (there is no minimum period of time required to have lived in the state to establish domicile for voter registration). <p>Proof can be satisfied in the following ways:</p> <ul style="list-style-type: none"> A driver's license or non-driver ID from any state A birth certificate, U.S. Passport card, or naturalization document satisfies proof of citizenship. Proof of Domicile: <ul style="list-style-type: none"> If you have it you must provide one ID card issued by New Hampshire DMV showing your current domicile address. New Hampshire resident vehicle registration address on your voter registration form Photo ID issued by the US government that contains a current address. Government issued check, benefit statement, or tax document with a current address. <p>OBTAINING APPLICATIONS</p> <p>Applications to register to vote must be obtained from the town or city clerk's office.</p> <p>Please note that New Hampshire town and city clerks will only accept the federal form as a request for the state's absentee voter mail-in registration form. Find the federal form here: www.elections.nh.gov/voter-registration</p> <p>The New Hampshire absentee voter mail-in registration form must be received by the city or town clerk by 10 days before the election.</p> <p><small>Fair Elections Center, its Campus Vote Project, and Nonprofit VOTE are 501(c)(3) nonprofit organizations and do not receive any federal or state government funding. No part of the proceeds of any of our programs shall be used as a substitute for contributions with a Federal Form 990 or other appropriate form.</small></p> <p>Last updated: May 2025</p>
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Speaker / Org Resources

National Alliance on Mental Illness:

- #Vote4MentalHealth:
<https://vote4mentalhealth.org/>
- Tips for Practicing Self-Care During Elections season: <https://vote4mentalhealth.org/selfcare/>
- NAMI HelpLine: [NAMI.org/Help](https://nami.org/Help)
 - NAMI HelpLine Knowledge Center:
<https://helplinefaqs.nami.org/>
- 988 Suicide & Crisis Lifeline:
<https://988lifeline.org/>

Democracy Security Project:

- Reach out to us at help@democracysecurityproject.org or give us a call at 1-234-DSP-HELP to reach us.
- Visit DemocracySecurityProject.org/trauma-resources for more information on trauma-informed approaches and resources.



Webinar Calendar

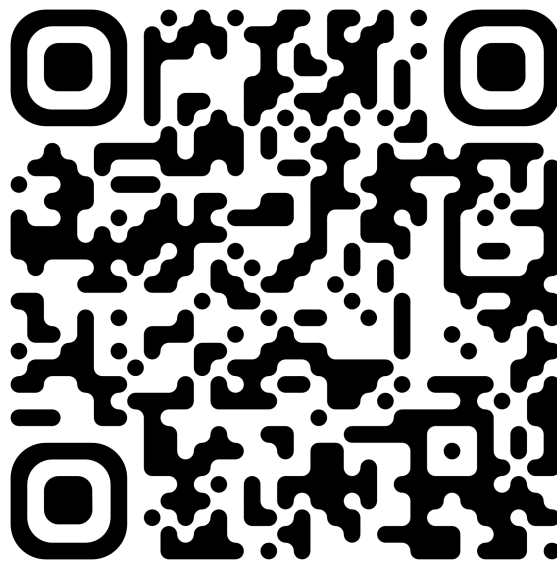


July | We want to hear from you!

August 5 | State by State Voter Registration guides with Fair Elections Center

August 12 | A conversation on how to make the most out of NVRD on college campuses with ALL IN

Sept 8 | Last minute planning for your NVRD event





Contact Us

Questions about partnership and resources:

- info@nationalvoterregistrationday.org



Follow us!

@NatVoterRegDay

#VoteReady



Upcoming key dates



National Voter Registration Day Tues, Sept 15th!



Thank you

See you on September 15!

