



**on the table**  
Your voice matters.

**DID YOU KNOW:** 1 in 4 Americans have a mental health condition or addiction.

Dear *[INSERT NAME]*-

I reach out today on behalf of [The Kennedy Forum](#) and our mission to fight stigma as it relates to mental health and addiction. This issue is important to *[me/my family/our organization]*; *[EXPLAIN A LITTLE MORE. SAMPLE: Just last year we lost a loved one/colleague to suicide] [SAMPLE TWO: A family member struggled with addiction for years.]* To that end, I am hosting a mealtime conversation on May 16, 2017, along with hundreds of other hosts, with the goal to move this mission forward. I'd like you to join me as a host on this day.

The Kennedy Forum Illinois will help engage 400 hosts and 4,000 individuals on May 16, 2017. Hosts will bring together a group of 8-12 people - family, friends, co-workers - over a meal to discuss mental health and addiction and its impact in our lives. I've seen what a conversation can do to alter perceptions about mental health and addiction. If we help erode the stigma, more people will seek help.

Last year, The Kennedy Forum Illinois helped host 270 conversations, reaching more than 3,000 people in more than 10 Chicago Community Areas, 75 different zip codes, 11 different Illinois counties, and 14 separate cities. People from all walks of life participated as hosts, and the results were impressive. Your conversation can address any mental health or addiction issue you want. *[INSERT A PERSONAL NOTE ABOUT YOURSELF OR YOUR RECRUIT. SAMPLE: I/We know firsthand the impact of depression and addiction.] [SAMPLE TWO: Young people are put behind bars due to their mental health, not their crime.]* Last year, themes included: Crisis Intervention, Justice, Education, Workplace, Veterans, Family, and Healthcare. If you elect to host, we will guide you through the process, with a toolkit of resources and a point person for all questions.

[Click here to register as a host.](#)

[Click here to learn more about The Kennedy Forum.](#)

[Click here to join The Kennedy Forum mailing list.](#)

If you have any questions or concerns, you may reach out to James Burns by email or phone: [James@TheKennedyForum.org](mailto:James@TheKennedyForum.org), 312-450-3456.

Thank you for your time. I look forward to hearing from you.

Sincerely,

*[Your Name]*

The Kennedy Forum On The Table Ambassador