

January 15, 2023

Letitia James  
New York Attorney General  
Office of the Attorney General  
The Capitol  
Albany, NY 12224-0341

Dear Attorney General Letitia James,

I am writing to support advocacy for women's mental health in Western New York. It has never been clearer that mental health is of utmost importance. There is much scientific evidence to support the fact that all health aspects are contingent on the state of an individual's mental health. My statement is easily proved with a simple online search. Hearing that Governor Hochul has pledged \$1 billion for tackling mental health issues, I would like to offer some common sense ways in which this money could best be used. Mental health runs parallel with lifestyle choices. Lifestyle choices create happiness, love, security, success, and well being. Lifestyle choices also create the exact opposite: unhappiness, feelings of not being loved, insecurity, failures, and sickness. This sickness, caused by mental unhealth, can be cured. Women need support to choose lifestyles that will enhance their mental health. Women need places to go that will relieve stress and anxiety, make them feel supported, and create self-love that will lead to better mental health. This can be done with the simple activity of taking a walk, riding a bike, practicing yoga and meditation, strength training, eating with others, sharing a cup of tea, being part of a book club, etc...There is limited affordable access to such simple things in Western New York, especially in the city of Buffalo.

Perhaps a portion of this \$1 billion could be for creating a community space where women would come together to share in some of these activities. Perhaps this \$1 billion could be put towards making a safe space where mothers would bring their children for playtime while they can be a part of a healthful community where they would be able to exercise, talk, laugh, and walk away with a new energy for life. Perhaps this \$1 billion could be used to create a sharing community where every woman feels that she is heard and supported.

There are volunteers that would be thrilled to help this happen. They just need the money to do so. Perhaps a portion of this \$1 billion is the answer.

Thank you for coming to Buffalo to listen to our ideas. I hope and pray that the state of mental health in Western New York continues to be a priority for our women leaders in the greatest of states.

In support of the importance of mental health,  
Tricia Newton