



COUNSELORS VOTING IN 2024

Fostering Community Well-Being Through Civic Engagement

As professional counselors, you hold a unique position of trust and influence in the lives of our clients and communities. Your role goes beyond providing support to your clients; you also have a responsibility to advocate for the well-being and empowerment of those you serve. Being actively engaged in the voting process is a natural extension of your commitment to promoting positive change and social justice.

By participating in the voting process, professional counselors can amplify the voices of marginalized populations, advocate for policies that support professional counseling and wellness, and contribute to creating a more inclusive and equitable society. Your involvement in the democratic process not only demonstrates your dedication to the betterment of our communities but also sets an example for our clients, showing them the importance of civic engagement and active participation in shaping the world around us.

As agents of change and advocates for the well-being of your clients, professional counselors have a vital role to play in ensuring that all individuals have the opportunity to have their voices heard. By being actively involved in the voting process, you can help create a future where every individual has access to the support and resources they need to thrive.



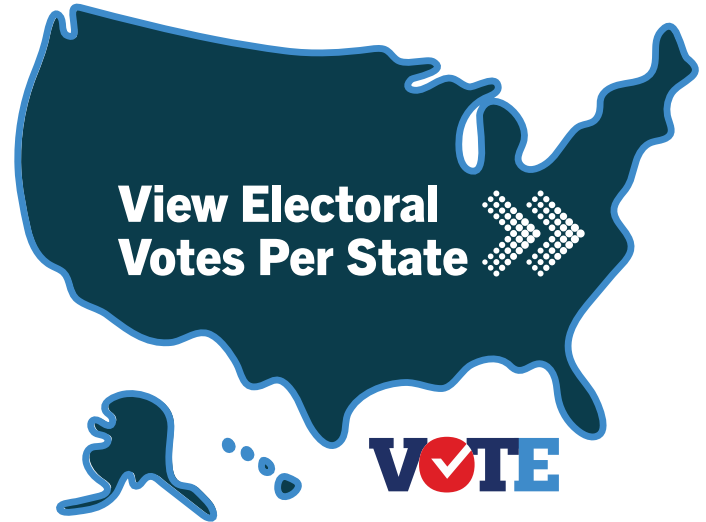
NBCC encourages counselors to prioritize voting in 2024. The voice of the profession matters and will be heard with your support.

2024 Elections Dates to Know

DATE	EVENT	PURPOSE
July 15–18	Republican National Convention	Nominate president and VP for party.
Aug. 19–22	Democratic National Convention	Nominate president and VP for party.
Sept. 10	TBD: Presidential debate on ABC	Candidates discuss and articulate positions on key issues affecting the country.
Nov. 5	Election Day	Elect the president, Congress, and state and local officials and vote on local and state ballot measures.
Dec. 3 (if needed)	Georgia Runoff	Held only if no candidate receives a majority of the vote on election day.
Dec. 7 (if needed)	Louisiana Runoff	Candidates must receive more than 50% of the vote to win; if not, a runoff will be held.

Preparing to Vote With Confidence and Care

As you gear up to participate in the upcoming general election this November, it is crucial to prioritize your well-being amidst what can be a stressful election season. Take proactive steps by formulating a detailed voting plan and familiarizing yourself with your state's specific voting regulations. Additionally, equip yourself with the necessary tools to thoroughly research your local ballot measures, delve into candidate backgrounds, and comprehend your rights as a voter.



Voting Resources

Here you can utilize the [National Association of Secretaries of State](#) to find bipartisan information on:

- registering to vote
- [voter registration status](#)
- finding your polling place
- valid forms of identification
([some states require ID to vote](#))
- absentee and early voting
- overseas voting
- an elections officials directory
- how to become a poll worker

Make Your Voting Plan

Now that you have your resources to prepare to vote, the next step is to make your plan to vote.

Assuming that you are now registered to vote, there are four steps to prepare for election day.:

1. Find your polling location.
2. Verify if your state requires identification to vote.
3. If you are not able to vote in person on Nov. 5:
 - a. Request an absentee ballot.
 - b. If your state allows you to vote early by mail or in person, take advantage of this opportunity.
4. Know how you are getting to the polls.
 - a. Some states will provide free transportation to the polls.
 - b. Ride Share services (Uber and Lyft) *may* provide discounted rates on election day. Check the app prior to election day to inquire.





Research Candidates and Ballot Measures

NBCC strongly recommends utilizing bipartisan websites to research candidates and ballot measures. By accessing these nonpartisan platforms, voters can make informed decisions based on unbiased and factual data, fostering a more transparent and inclusive electoral process.

The links below will direct you to **Ballotpedia**. Ballotpedia is a website that provides accurate and objective information on candidates, ballot measures, finance reports, and more. All links on the NBCC guide are bipartisan links. NBCC does not endorse any political party or candidate, nor do we advise any individual or organization on voting in elections.

2024 Candidate and Ballot Measure Resources

- [President of the United States](#)
- [U.S. Congress Candidates](#)
- [U.S. Governor Elections, including Territories](#)
- [U.S. State Legislative Elections](#)
- [U.S. State Judge Elections](#)
- [Local Elections](#)
- [Ballot Measures](#)

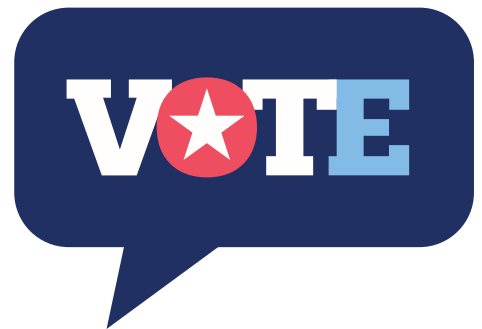
Understanding Your Voter Rights

The [U.S. Election Assistance Commission](#) provides resources on voter rights, including information on:

- accessibility
- language assistance
- voter identification requirements

The **American Civil Liberties Union** provides information on:

- how to avoid and combat voter intimidation
- exercising your legal vote to right in a safe environment



If you witness or experience voter intimidation, please call the [Election Protection Hotline](#) at

1-866-OUR-VOTE (1-866-687-8683).

Well-Being and Stress Management During Election Season



External Resources

NBCC acknowledges that increased levels of stress and anxiety during an election year affects a vast amount of the American population. With this acknowledgment, we feel responsible for sharing resources that can support the struggles you or someone you know may face.

If you need additional help now, please text **HOME** to **741741** to connect with a volunteer at the Crisis Hotline. **This is a free and confidential service available to you 24/7.** You may also call the **988 Lifeline** for free and confidential support.

Here are additional resources that can support you this election season:

[Mayo Clinic: Election Stress Disorder](#)

[Jed Foundation: Political Stress](#)

[ACA: Fear and Anxiety at the Ballot Box](#)

[UCI Counseling Center: Election Stress](#)

[ACA: Managing Election Stress](#)

[NPR: Stressed About Politics?](#)

Do you or someone you know need additional help and wish to speak to a counselor?

Please [click this link](#) to find a National Certified Counselor in your area.



**CAST YOUR
VOTE
2024
PRESIDENTIAL
ELECTION**