

[Sample letter to TDs]

**[Insert your own
address]**

[Insert name] TD

Address

Address

Address

[Insert date]

Dear Mr/Ms/Mrs **[insert name]**,

I am from your constituency and I am writing to express my concern about mental health in Ireland.

One in four people will experience a mental health problem at some point in their lives. Yet, mental health promotion and prevention in Ireland are given little attention. Mental health services are inadequate, uneven in their availability throughout the country, and under-resourced in staff and therapies. Mental health services and supports for children and other vulnerable groups are particularly poor.

The neglect of mental health to date is something that gravely concerns me. It is a human rights issue.

[Insert specific concerns in your own community related to the monthly question(s)]

In January 2006, the Irish Government committed itself to a new national policy framework for mental health, *A Vision for Change*. It sets out a broad agenda for promoting mental health, preventing mental health problems, providing adequate mental health services, and addressing the practical day-to-day difficulties and discrimination experienced by people with mental health problems.

I would be grateful for an answer to the following question:

How does Government plan to ensure that this policy will be fully implemented, and that action will be taken on its recommendations by all Government Departments whose role it mentions?

I am calling on you to discuss this issue with your party colleagues and raise it with the Minister for Health and Children.

I look forward to hearing from you.

Yours sincerely,

[Insert your name]