

## [Script for phone calls to TDs]

It is best to ring the TDs' offices in Leinster House. See contact details below. It is simply a matter of ringing the number and asking for your relevant elected official. If you prefer to contact your TD at the local advice clinic you can do that too. **TD's are usually in attendance at their constituency offices on Friday's and you may also be able to make appointments to visit on Saturdays.**

### Leinster House Main Switch Board

Dáil Éireann LoCall: 1890 337 889  
(outside of Dublin only)

from within Dublin: (01) 618-3000

**Oireachtas Website:** [www.irlgov.ie](http://www.irlgov.ie)

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### Introduction:

- Begin by introducing yourself and stating where you are from (the Deputy will quickly recognise you as a constituent!).
- Explain that you are a member of the Amnesty Mental Health Lobbying Network and that you would like to speak about Mental Health.

### Issues:

- Be clear and concise in what you are asking.
  - The Government has a duty not just to provide adequate mental health services but **also** to provide conditions that promote good mental health (i.e. housing, employment, education etc)
  - It is the case that many people experiencing mental health difficulties may experience discrimination in these services.
  - Because responsibility for providing these services falls within other Departments it is vital that responsibility for implementing A Vision for Change should not just rest with the Department of Health and Children.
  - There should be a cross-departmental action plan for A Vision for Change and each Department should take responsibility for delivering on relevant recommendations.
- Speak from personal experience.
- Be passionate but polite.

### Conclusion:

- Thank the Deputy for his or her time.
- Also, indicate that you would like to receive follow up on the questions that you have raised. The Deputy may not be able to answer your questions on the spot. Ask for a letter or return phone-call to confirm that the Deputy has acted on the issues discussed and the outcomes, if any, of these actions.