

## **[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 has not been a priority for successive Irish Governments. This is something that gravely concerns me. It is a human rights issue. Directly or indirectly, almost everyone and every family in Ireland is impacted in some way by this neglect. The economic and social cost to Irish society of Government inaction is enormous.

**[Insert specific concerns in your own community, or use your experience as an example of your concern, 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. *A Vision for Change* sets out how much Government needs to spend in developing mental health services. But there is far more in *A Vision for Change* that will need Government investment.

For instance, it says that personal advocacy services are essential to empowering people with mental health problems, but are only available on a very limited basis. *A Vision for Change* says that they need to be expanded and that this will require money.

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

Will budget 2007 include provision for increased resources across all areas identified in *A Vision for Change* aside from mental health services?

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]**