Dear …

The nation’s mental health is a precious resource. Securing better mental health for more people will create a fairer and healthier future for us all. As the parliamentary candidate for [INSERT CONSTITUENCY} I am writing to ask you to consider committing to addressing the mental health crisis and support the delivery of policies that will deliver a mentally healthier nation.

The combination of deteriorating living conditions and weakened support has led to rapidly worsening mental health in the UK resulting in tens of thousands of premature deaths, millions of people suffering, and tens of billions of pounds of economic cost every year.

Rates of poor mental health are rising, and we urgently need a long-term plan to address the mental health crisis. We need strategic investment to prevent mental illness, and properly funded services to ensure equal access to therapy for those who need it, including art therapy.

This is why I am supporting The Centre for Mental Health’s [mentally healthier nation](https://www.centreformentalhealth.org.uk/publications/mentally-healthier-nation/), and ask you to consider supporting a commitment to a ten-year mental health strategy that encompasses:

* **Prevention:** improving economic and environmental circumstances, especially for the poorest people, to reduce mental and physical illnesses.
* **Equality:** reducing inequalities by taking meaningful measures to tackle discrimination and promote fairness.
* **Support:** enabling the right support from properly resourced services, to help people enjoy better mental health outcomes.

As an [art therapist / service user / other] , I see every day how access to high quality psychological services, including art therapy, is crucial to support people from all backgrounds across the UK. I hope that you can support a mentally healthier nation.

Yours faithfully,

[NAME]