

Copy and paste the below and email your MP asking them to join the debate on mental health first aid scheduled for Thursday 17th January 2019

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Subject line – *Join the parliamentary debate on mental health first aid on Thursday 17th January 2019*

Dear [insert MP name] MP,

My name is [insert your name] and I'm writing to you today to express my support for the Where's Your Head At? campaign, calling for a change to Health and Safety legislation so that everyone has access to mental health first aid in the workplace, just as they have access to physical first aid.

A parliamentary debate on this issue is now due to be scheduled for Thursday 17th January and as your constituent, I would like to ask that you please attend this to represent my advocacy for this important issue.

[Insert your personal story] This issue is extremely important to me personally because...

This legislative change was a manifesto pledge made by the Conservative Party in May 2017 (below), which still hasn't been fulfilled. This campaign is widely supported by over 200,000 public signatories, MPs across different political parties, as well as over 50 business leaders from across the country.

"We will transform how mental health is regarded in the workplace. We will amend health and safety regulations so that employers provide appropriate first aid training and needs assessment for mental health, as they currently do for risks to physical health..."

This makes sense from both a human and financial perspective to ensure we protect mental health in the workplace in the same way we do physical health. Each year, workplace mental health issues cost the UK economy almost £35 billion, with 15.4 million working days lost to work-related stress, depression or anxiety. But the cost is not just financial, because left untreated mental ill health impacts a person's relationships with friends and family and ultimately their quality of life.

Following the scheduled debate, I would also like you to discuss this matter with Sarah Newton MP, the Minister of State for Disabled People, Health and Work, and impress upon her the need to update these regulations to ensure that businesses have the same obligation to make provision for mental health first aid as they do physical first aid.

I look forward to hearing your response in due course.

Yours sincerely,

[Insert your name and full address, including postcode]