**Email template for individuals to write to their MP pre-debate**

Dear [insert MP name] MP,

My name is [insert your name] and I’m writing to you today to express my support for the [Private Members Bill](https://bills.parliament.uk/bills/3409) calling for mental health first aid to be part of first-aid training requirements, just as physical first aid is.

It 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 [£56 billion](https://www2.deloitte.com/uk/en/pages/press-releases/articles/poor-mental-health-costs-uk-employers-up-to-pound-56-billion-a-year.html), with [17 million](http://www.hse.gov.uk/statistics/dayslost.htm) 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.

Recognising the importance of bringing equality to mental health in the workplace, and the positive impact this could have on people experiencing poor mental health, Dean Russell MP has tabled a Private Members Bill (under the 10 Minute Rule). The Bill has reached the stage of a second reading, and this is due to take place on 24 February. You can read more about it on the BBC website [here](https://www.bbc.com/news/uk-politics-64404427.amp).

As your constituent, I would like to ask that you please attend the second reading on the 24 February to represent my advocacy for this important issue.

*[Option to insert your personal story]* This issue is extremely important to me personally because…

I look forward to hearing your response in due course.

Yours sincerely,

[Insert your name and full address, including postcode]