

MP Name
Address
Postcode

[Insert Date]

Dear [Insert Name],

I am writing to you to share the manifesto asks of the Children and Young People's Mental Health Coalition. [Insert your charity/ organisation] are one of over 300 members of the coalition, who act as a voice for the sector.

The Children and Young People's Mental Health Coalition are a collaborative network dedicated to advocating for and influencing policy in relation to the mental health needs of babies, children, and young people. The coalition consists of diverse stakeholders, including mental health organisations, youth support services, educational institutions, and concerned individuals, all united by a shared commitment to improving the well-being of children. They aim to raise awareness of the importance of mental health and ensure that children and young people have access to the necessary support and services.

[ADD INFORMATION ABOUT YOUR ORGANISATION]

You may be aware of the current crisis of children and young people's mental health. Around one in five children and young people in the country have a mental health problem, a rise from one in nine in 2017 and one in ten in 2004¹. The majority of adult mental health problems arise in childhood and adolescence. By the age of 14, half of mental health problems are established, and 75% by the age of 24².

Following the Covid-19 pandemic the mental health needs of children and young people have been exacerbated and demand has risen, drastically outstripping current service provision. There is a nationwide crisis with inaccessible support, rejected referrals and extreme waiting times. It is estimated that wait times cause 75% of young people experiencing a mental health problem to deteriorate or not receive treatment at all³. The economic and social cost of mental

¹ NHS Digital (2023) Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up#> [Accessed 21 November 2023]

² NHS Digital (2022) Mental Health of Children and Young People in England 2022 - wave 3 follow up to the 2017 survey Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2022-follow-up-to-the-2017-survey> [Accessed 19 October 2023]

³ Local Government Association Children and young people's emotional wellbeing and mental health – facts and figures. Available from: <https://www.local.gov.uk/about/campaigns/bright-futures/bright-futures-camhs/child-and-adolescent-mental-health-and#:~:text=Around%2075%20per%20cent%20of%20young%20people%20experiencing,are%20unable%20to%20access%20any%20treatment%20at%20all.> [Accessed 16 October 2023].

ill health has also grown to almost £119 billion a year in the last decade⁴. Mental ill health has significant costs to every individual and the nation, and it must be prioritised.

That's why, alongside the Children and Young People's Mental Health Coalition, we are calling on all political parties to make a strong political commitment to improve mental health outcomes for all babies, children, and young people in order to build a healthier and prosperous society. This includes:

- Commit at least an additional £1.7bn per year for Integrated Care Systems to deliver a comprehensive mental health pathway for all babies, children and young people aged 0-25.
- Embed whole educational approaches to mental health and wellbeing across all education settings.
- Increase the provision of early intervention support in the community through the national roll-out of early support hubs in every local area.
- Bring forward reform of the Mental Health Act 1983, to ensure that children and young people's rights are protected and promoted, and that they receive high quality and compassionate care.

A full copy of the Coalition's manifesto and a parliamentary briefing can be found via this link: <https://cypmhc.org.uk/publications/a-manifesto-for-babies-children-and-young-peoples-mental-health/>

We invite you to show your support for these asks and to commit to improving the mental health of all babies, children and young people. There are many ways you can show your support:

- Share the manifesto on social media using the #CYPMHManifestoAsks2024
- Involve these manifesto asks in your discussions
- Meet us to discuss the asks and how we can support you in your work

We look forward to hearing from you.

Yours faithfully,

[Insert Name]

⁴ Centre for Mental Health (2020) Centre for mental health calls on government to set a budget for wellbeing as cost of mental ill health in England reaches £119 billion.

Available from: <https://www.centreformentalhealth.org.uk/news/centre-mental-health-calls-government-set-budget-wellbeing-cost-mental-ill-health-england-reaches-ps119-billion#:~:text=The%20economic%20and%20social%20cost%20of%20mental%20ill,estimate%20published%20today%20by%20Centre%20for%20Mental%20Health>

[Accessed 16 October 2023]