

Sarah Jones, MP
House of Commons
London
SW1A 0AA

18 March 2018

Dear Sarah Jones, MP

We are 28th Croydon Scouts and we are writing to ask you what steps you are taking to ensure that mental and physical health are treated equally in Croydon.

We are taking part in the A Million Hands movement, a Scout community impact project that aims to mobilise half a million Scouts by 2018 in support of four social issues chosen by young people. As part of the A Million Hands movement, and together with Mind, SAMH and Inspire, we are taking part in the **Sticking up for mental health** campaign. The campaign aims for mental and physical health to be viewed as equal priorities in our community. We have spent time creating these plasters to highlight that, while we know what to do when someone is physically hurt, things aren't as straightforward when someone has a mental health problem. Two thirds of people with common mental health problems don't get any help at all. It is much easier to get help for a physical health problem.

Mental health problems are common - one in four people in the UK will experience a mental health problem each year. Just like we all have physical health, we all have mental health too, and just as our bodies can become unwell, so can our minds. Like physical illness, mental illness can happen to anyone, at any time, and a mental health problem can feel just as bad, or worse, as any other physical illness – only you cannot see it.

As our MP please can you tell us what steps you are taking to ensure that mental and physical health are treated equally in the UK and in [local authority name]?

You can contact us at Scafell@28thcroydon.org.uk. Thank you for your help with this matter, we look forward to your response.

Best wishes,

28th Croydon Scouts