

Dear

RE: Government Petition to Make Mental Health Education Compulsory in all UK Schools

Earlier this year I supported The Shaw Mind Foundation's petition to make mental health education compulsory in all UK schools. I feel that this cause is a vital way to help young people understand their own minds and access support they might need. The Shaw Mind Foundation is the first UK charity to ever achieve over 100,000 signatures on a government petition. They have now successfully secured a debate in parliament, proving that they truly are the voice for children and the next generation.

It has now been confirmed that the petition will be debated in Westminster on Monday 6th November 2017, at 4:30pm. I am asking for your support in this cause in order to help those struggling with mental illness now and in the future.

Currently mental health is only taught as an optional component of PHSE – but this is not good enough. It needs to be compulsory. Understanding mental health is an absolute life skill, and should be just as fundamental within the school curriculum as reading and writing. There needs to be a compulsory collaboration and integration between mental health education and physical education, so that children and young people can understand that maintaining good mental health is equally vital to their wellbeing.

Mental health education is the only way we can tackle stigma effectively and relieve the enormous pressure on teachers, a stretched school curriculum, mental health social workers, the NHS and CAHMS, which will be hugely advantageous for the UK economy in the decades to come. Educating the next generation about mental illness will also aid us massively in normalising mental health conditions, eliminating stigma and encouraging open and honest conversations.

The Shaw Mind Foundation will be commissioning an independent report to show the long-term impact that compulsory mental health education will have on the workplace, social media, NHS, UK economy, family mental health and wellbeing. Compulsory mental health education – and the key word is 'compulsory' – will be a game changer. Our report will also make recommendations on how it can be efficiently and cost effectively implemented into the curriculum.

I sincerely hope that you will offer your support by attending this debate, and I look forward to hearing from you.