

Template letter for writing to your GP



[Your address]

[GP's name]

Address 1

Address 2

Address 3

Postcode]

[Date]

Dear [GP's name],

We are taking part in the A Million Hands movement, a Scout community impact project that aims to mobilise half a million Scouts in support of four social issues chosen by young people. One of these issues is mental health.

We are the [Scout group name], and we are sending you some information about Mind's 'You and Your GP' campaign, which has resources called 'Find the Words' to help people talk to their GP about mental health.

As part of 'A Million Hands', and together with Mind, the Scottish Association for Mental Health (SAMH), and Inspire, we are supporting the **'You and Your GP'** campaign. Mind wants everyone with a mental health problem who visits their GP practice to get the support that best suits their needs. For most people, our local GP practice is the first place we'll go when we're unwell. You're there to help us with our mental health as well as our physical health, and we know that about 40% of all GP appointments are related to mental health.

We hope you will display information about accessing mental health support in your GP practice for people to see. There is also information available on Mind's website (mind.org.uk) which can help you to support your own mental health at work.

As our local GP, we would like to thank you for all you do to help people's mental health in our area. We would also like to invite you to our 'Words and Wellbeing' celebration event [\[details\]](#).

You can contact us at [\[email\]](#) or [\[telephone\]](#). Thank you for your help with this matter – we look forward to your response.

Best wishes,

[Scout's group name]