



An email you could use to get an appointment

(if you haven't been successful getting one on the phone, but in any case it doesn't hurt to send one like this as well)

Dear (either politician or the person in the office you spoke to on the phone)

I would like to meet with (-----) at his/her earliest convenience to discuss the report of the National Mental Health Commission. I have personal experience with mental illness/ caring for a family member with mental illness, and the Commission's report makes a lot of sense to me. My concern is that this report will go the way of so many others—on to the shelf. I know (politician's name) is concerned about mental health issues, and has met with constituents facing many of the issues examined in this report.

I look forward to speaking with you/politician soon.

Thanks again

Your signature