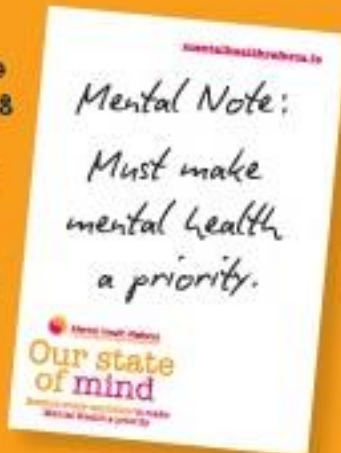


What you can do

- 1. Give** a Mental Note to candidates and canvassers when they call to your door as a reminder to prioritise mental health reform. You can order your Mental Note pack from Mental Health Reform. Why not keep a pack of notes with you and hand them to election teams if you see them canvassing on the street, in shopping centres or train and bus stations. Ask your family and friends to hand out notes too.
- 2. Tell** candidates and canvassers why mental health matters to you. Talk about the one Mental Health Reform recommendation that means the most to you.
- 3. Share** the Mental Health Reform campaign with every candidate in your constituency. Share it on your own social media. Then, share your canvassing stories with us. Mental Health Reform can support your work by also reminding candidates about the commitments they and their parties have made to mental health.

Just email us at info@mentalhealthreform.ie or call us on 01 874 9468 for your Mental Note pack and ideas on what you can do to ensure that every candidate knows that promises on mental health reform can't be broken.



Mental Health Reform is Ireland's leading national coalition of organisations working to transform mental health and well-being supports and services in Ireland.

If you would like to add your voice to ours to make mental health and well-being a national priority, or if you would like to receive our newsletter or any further information about Mental Health Reform, contact us on:

Phone: 01 874 9468
Email: info@mentalhealthreform.ie

Mental Health Reform
Coleraine House
Coleraine Street
Dublin 7

www.mentalhealthreform.ie
www.mentalhelp.ie

 [Facebook.com/mentalhealthreform](https://www.facebook.com/mentalhealthreform)

 [Twitter: @MHRreform](https://twitter.com/MHRreform)



Remind every candidate to make
Mental Health a priority.



75% of mental health difficulties start between ages 15 and 25.

Remind every candidate to make
Mental Health a priority.

**Our state
of mind**

Our State of Mind

There is one thing that all political parties and candidates agree on – that's the need to improve our mental health services.

Mental health difficulties touch people of all ages and backgrounds, but services are struggling.

With your vote, you can change this. You can ensure that mental health is prioritised by the next government.

By age 13, 1 in 3 children in Ireland will have had a mental health difficulty. A striking 75% of serious mental health issues begin between the ages of 15 and 25.

Building mental health supports, including supports for our young people, will save future distress and disability.

Everybody agrees.

Every party.

Every politician.

Every mother.

Every father.

Every brother.

Every sister.

Each and every one of us.

We have agreement. Now we need action.

mentalhealthreform.ie

Here are five things to ask your candidate to do, if elected:

1. **A nationwide school programme to build good mental health**

Because most mental health difficulties begin in childhood. If we give our children the knowledge and tools to look after their mental health, we will build their resilience and greatly reduce the amount of distress later in their lives.

2. **Access to 24/7 crisis supports**

Mental health services are still not providing 24/7 crisis intervention services as the norm in all areas. People in a mental health crisis are still sitting through lengthy waits in busy A&E Departments, sometimes 8 hours or more, before getting support. Ireland continues to have a high rate of suicide, so why is this gap in crisis services allowed to persist?

3. **Easy access to counselling**

Counselling and talk therapies can often be effective for mild to moderate mental health difficulties. But these therapies are vastly under-resourced in Ireland. Why isn't access to counselling prioritised to prevent mental health difficulties from escalating into disabling conditions?

4. **A right to advocacy support**

Currently there is no legal right to an advocate to support people with a mental health difficulty in services and to get access to health services, housing, employment advice or welfare benefits. After a mental health crisis, people need help to get back their life in the community.

5. **Advance healthcare directives**

Every person should have the right to make choices about their own mental health treatment. These choices should be based on their own wishes and preferences. Without access to advance healthcare directives, people with mental health difficulties are being forced to undergo treatment they don't want, even when they are capable of making a decision.

Mental Health Reform's full manifesto for the next government is available at:
mentalhealthreform.ie

Remind every candidate to make mental health a priority