## GP letter template

[Your address]

GP practice’s name

Address 1

Address 2

Address 3

Postcode]

[Date]

Dear [name],

We’re [section/Group name] and we’re taking part in a community impact project. We’ve been raising awareness in the community about how important it is that everyone looks after their mental wellbeing. We’ve also been learning about how you’re there to help us with our mental health as well as our physical health. We’ve included some of the work we’ve done during our project so you can take a look. [You might want to include some information about what you’ve done here.]

As our local GP, we want to say thank you for everything you do to help people’s mental health in our area. For most people, a local GP practice is the first place they’ll go when they’re unwell; about 40% of all GP appointments are related to mental health. We believe that everyone with a mental health problem who visits their GP practice should get the support that best suits their needs.

We hope your practice will consider displaying information about how people can get mental health support. This might encourage them to talk to you or signpost them to local or online mental health services. [If you’re sending your GP something you’ve made, tell them here.]

[If you’re holding an event.] We’d like to invite you to our [event] at [location] on [date and time information]. We want this event to [details]. Please let us know if you’re can come by contacting us at [email] or [telephone].

Thank you for all of your help with our project – we can’t wait for your reply.

Best wishes,

[section/Group name]