

## People with mood disorders need your help!

Please help us to campaign for people with depression and bipolar disorder to have increased access to evidence based innovative treatments. We are talking about treatments such as newer forms of psychotherapy, drugs with new and different mechanisms of action, and neurostimulatory treatments such as transcranial magnetic stimulation. All are widely available, and frequently used, in many other countries, but not so in the NHS. The reasons are complex and we need the government to help rectify this.

### Early Day Motion

- With the support of Tim Farron MP, an Early Day Motion regarding the lack of access in the NHS to innovative mental health treatments has been tabled for signing by MPs.
- The more MPs that sign, the more likely the Department of Health will start working with us to increase access to these treatments.
- We are aiming for 200 MPs from across the country to sign the Motion.

### What to do next

On the <https://mood-disorders.co.uk/parliament-campaign> web page, there is a link to a draft email for copying and sending to your MP. It includes two examples of how innovative treatments have changed people's lives. We have their permission to share their personal stories.

If you would prefer to speak to your MP about the issue please do - but do it soon because **the 'window' for MPs to sign will close by 9<sup>th</sup> July 2026.**

### How to find your MPs parliamentary email address

- Click on this link: [Find your MP - MPs and Lords - UK Parliament](#)
- Enter your postcode in the space provided
- When your MP's details are shown, click on the MPs parliamentary email link
- Write your email or copy and paste the attached draft.

### Engaging your own network to boost the number of MPs signing

- Many of us will have friends, family and colleagues who will also want to make the campaign a success.
- Please let them know about our campaign and ask for their help. Politicians are often swayed by numbers of contacts from constituents often more than by scientific evidence.
- If each of us persuade 2-3 people in our own network to do what we're doing then we are very likely to succeed in getting 200 MPS to sign the EDM.

Thank you.

Hamish McAllister-Williams