

# Together we can get postnatal mental illness out of hiding

## Make your voice heard for change

#hiddenhalf

www.nct.org.uk/hiddenhalf

1

### Email your MP

It only takes a couple of minutes. Our [online tool](#) makes it quick and easy.

2

### Find your MP's surgery

Check them out on Google or on their [parliament page](#). Contact the constituency office to book in and to check your MP will be there in person.

3

### Go and see your MP

You will probably only get about five minutes with them, so be prepared! There's lots of information on the [#HiddenHalf campaign page](#) and in the [Hidden Half report](#) and [FAQs](#). You could print the [shortform report](#) to give to your MP.

Try to get across why you care about the issue. Talk about any relevant personal experience, if you feel comfortable, to bring the issue to life. Try to relate your experiences back to the particular changes we are campaigning for.

Ask them how they can support the campaign in parliament. For example, they could ask a parliamentary question or request a debate.

There's more information on how to handle meetings with MPs [here](#).

4

### Follow up

If your MP agrees to help, [NCT's Campaigns Team](#) can guide you through the next steps.

If you are in touch with your local NCT branch, you could see if they want to invite the MP to come to a meeting. If you aren't yet in touch with a branch, contact [NCT Enquiries](#) or call 0300 330 0700.

If you have any other ideas for engaging with your MP or supporting the campaign, we'd love to [hear from you](#).

**Why contact your MP?** MPs can be vital advocates for change locally and nationally. While they don't have direct control over health services they can help build pressure on government departments and ministers.

**If you live in Scotland, Wales or Northern Ireland,** the system is a bit different but you can still email your MP using our online form. If you are willing to get involved further, to lobby your local assembly member or minister, please get in touch with us at [campaigns@nct.org.uk](mailto:campaigns@nct.org.uk).

#### Keep us posted!

Whatever you do to support the campaign, we'd love to hear about it! [Please fill in this quick online form](#) when you contact an MP or decision-maker, so that we can log all the campaign activity nationally.



example

My MP [Name of MP or MP's Twitter handle] is helping to get postnatal mental illness out of hiding] #HiddenHalf @NCTCharity [add image if possible eg letter from MP or minister]

Spreading the word on social media can inspire others and encourage politicians to take action. A photo of you with your MP or at their office or just an image of a letter received work really well on social. Be creative!



example

I visited my MP [Name of MP or MP's Facebook handle] to ask her to press for action on postnatal mental illness @NCTcharity #HiddenHalf [add image if possible]

If you have any questions or have ideas for the campaign, we would love to hear from you. Please email Vicky and Abi at [campaigns@nct.org.uk](mailto:campaigns@nct.org.uk) or call 020 8752 9193.

