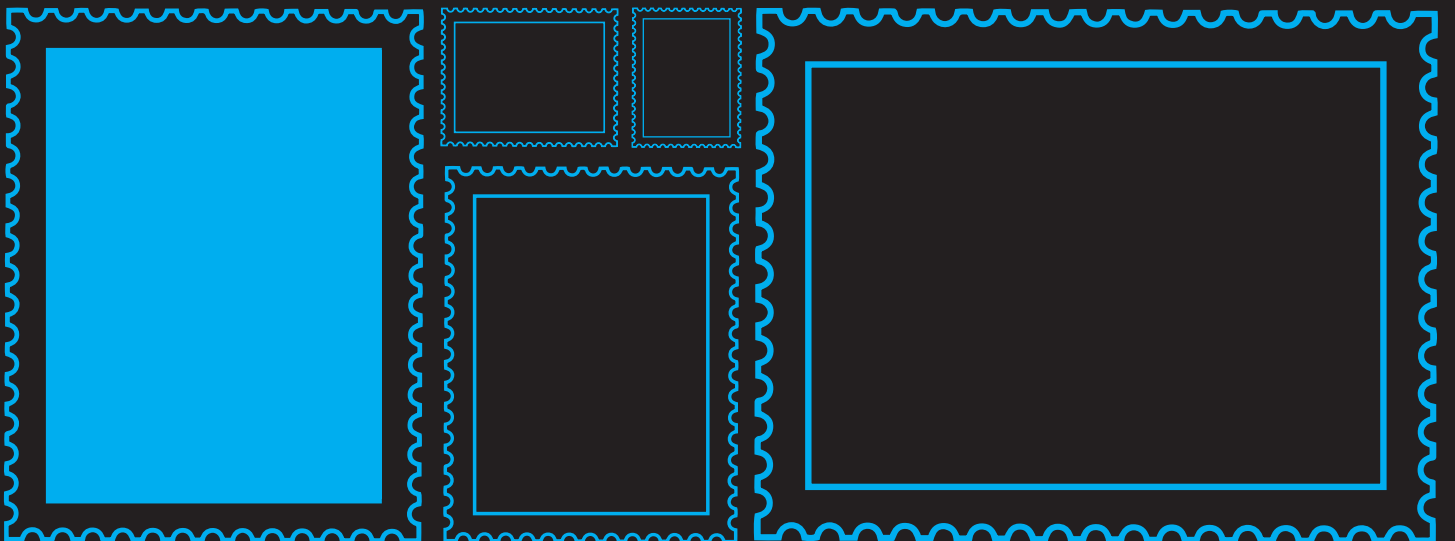


#DoSomething INITIATIVE GUIDE.



Sign up here.

jack.org

Description: Get together with a group of friends or your classmates and write letters to your local Member of Parliament. Spend some time discussing mental health in your community as a group, then get to writing! Everyone can write what's in their heart but make sure you tell the story of your community and send all the letters at the same time. You can find a full list of MPs [here](#).

Objective: To get loud and make some noise for mental health. We are more likely to be heard when we speak up as a group.

Impact category(ries): Systems change

Target audience: Your elected officials

Time commitment: 2 hours (or make a night of it)

Cost: \$0 if you send via email; cost of postage if you send via snail mail

Volunteer requirements: 2 members (minimum) but the more people you get involved the quicker you can write the notes!

Partnerships: No partnerships necessary but it could be helpful to include other community groups or campus clubs to help with preparation.

Promotion: Share your letters on social media with the hashtag #DoSomething to get extra loud and encourage your community to join in your efforts.

[Sign up here.](#)