

(Name) Member of Parliament (Constituency)  
(Street Address)  
(City, Town) (Postal Code)  
(Date)

Dear (Mr. Ms. Mrs.) (Surname),

I am writing as one of your constituents to express my concerns as someone affected by an eating disorder, and ask for your help.

On March 6th, 2023, Ontario Health released a formal report on [Quality Standards](#) that outline what high quality care looks like for conditions or processes where there are large variations in how care is delivered, or where there are gaps between the care provided in Ontario and the care patients should receive. The document provides a blueprint for enhancing care system that will improve services and outcomes for all Canadians effected with an eating disorder. It provides recommendations related to services, service delivery and treatment modes. Many organizations in Canada support the intent of this report and have been encouraging the federal government to move forward on implementation.

As a country known to provide reputable healthcare, public health organizations have a responsibility to implement changes to care delivery that reduce structural barriers to care and engagement. Eating disorders have the highest mortality rate of any mental illness. Those affected can struggle with health issues, self-esteem and body image concerns that can drastically impact their emotional and social states.

I am writing to you as my elected representative because I want Windsor to move quickly on an unfulfilled funding promise, tabled by the provincial government. I kindly request that you take immediate action to address a critical gap in our community's healthcare infrastructure.

**NOTE: Add details of the issue(s) would like addressed here such as...**

*“As of now, there is exist no local services for youth under 12 years. Our community requests increased funding in establishing specialized services for eating disorders regardless of age, in the Windsor-Essex region.”*

#### **Other examples...**

- *Funding towards mental health education for all medical professionals and implementation in medical institutions in curriculum*
- *Funding towards operational resources for service providers (e.g sufficient personnel/medical staff, support groups, evidence-based treatment programs, intervention services, technology resources and integration, community outreach programs, quality assurance)*
- *Funding towards centralized intake services in communities across the province*

In 2021, the Province of Ontario made an announcement that they would invest \$8.1 million into specialized services for youth and children diagnosed with eating disorders, as a part of the [Roadmap to Wellness](#) plan. However, implementation this roadmap has been rather fragmented, where there exists poor coordination of funding distribution

Now is the time to put these words into action. That is why I am asking you to write to the Minister of Health, and request that our voice be heard, on behalf of the Windsor-Essex community.

NOTE: Refer back to your issue(s)

*"I urge you to champion this cause and work towards establishing a comprehensive system of care for youth under 12 facing eating disorders in Windsor-Essex. Our community's health and the well-being of its youngest members depend on it."*

We also ask for better transparency on how funding is coordinated between healthcare providers, patient advocacy groups and other mental health service organizations in the region. This way, we can better allocate resources and implement services effectively.

### **Call to Action (List the changes you'd like to see) such as...**

- *Funding towards mental health education for young medical professionals and implementation in medical institutions in curriculum*
  - I urge the government to take decisive action in integrating comprehensive mental health training into medical education curricula, ensuring that young professionals are equipped with the knowledge and skills necessary to address the growing mental health challenges facing our society. By investing in mental health education, we not only empower future healthcare leaders but also strengthen our collective ability to provide compassionate and effective care for individuals facing mental health issues.
- *Funding towards operational resources for service providers (e.g sufficient personnel/medical staff, support groups, evidence-based treatment programs, crisis intervention service, technology resources and integration, community outreach programs, quality assurance)*
  - As the demand for mental health services continues to rise, it is imperative that we prioritize funding towards operational resources for service providers. I call upon government officials and stakeholders to invest in the infrastructure, training, and technology necessary for mental health organizations to deliver high-quality care. By allocating funds to enhance operational capabilities, we can ensure that service providers have the tools and support they need to meet the diverse and complex needs of individuals seeking mental health assistance.
- *Funding towards centralized intake services in communities across the province*
  - I urge our provincial government to allocate funds towards establishing centralized intake services in communities across the province. This critical investment will streamline access to mental health support, providing a centralized and efficient entry point for individuals seeking assistance. By facilitating easier navigation of available services, we can enhance the overall mental health infrastructure and ensure that everyone has swift access to the care they need."

Your willingness to take action now will demonstrate your support for all Canadian mental health

and patient advocacy. With your leadership and commitment to the well-being of our community, we believe that together, we can make a significant impact.

Thank you for your commitment. I look forward to receiving a response from you.

Sincerely,

*(Your Name)*

*(Street Address)*

*(Town, Province) (Postal Code)*

*(Phone Number if applicable)*