

[Your Name]

[Address]

[City], Iowa [Zip code]

[Insert date]

The Honorable [insert legislators name]

[1007 E. Grand Ave.]

[Des Moines, Iowa 50319]

Dear Senator/Representative [insert last name]:

My name is [insert your name] and I reside at [insert your address] in [insert your city], Iowa.

I'm writing to you because I believe mental health and lack of access to quality, affordable care is a critical problem that needs to be urgently addressed.

Iowa's mental health system currently operates as patchwork of systems, programs, and providers – causing a shortage in availability or complete lack of necessary services in all areas of the state.

When Governor Kim Reynolds and the legislature redesigned the mental health system in 2019, the next step was to address the need for sustainable, adequate funding. I encourage you to take this next step by addressing the funding model to ensure sustainable, adequate funds are in place for our future.

With the additional pressures, stress, death, and uncertainty brought on by the pandemic, our state's mental health system is overstretched. Iowans in all walks of life have experienced an increased need for mental health services, and our state should be there to support them and help them recover as we get through this pandemic together.

Additionally, I ask you to make the temporary pandemic measures for telehealth payment permanent. Telehealth parity for mental health services is one way to ensure better service delivery across our state.

I appreciate your help and ask that you please send me a response letting me know if you plan to support the mental health and overall well-being of Iowans. My email address is [insert email address] if that provides a quicker and easier way for you to connect.

Thank you for your time and considering my request.

Sincerely,

[Insert your printed name below your signature]