Dear [MP's name),

**Westminster Hall Debate on skin conditions and mental health, Tuesday 25th January between 4.30 – 5.30pm.**

I live in your constituency at [Insert Address] and I am writing to ask you to attend a **Westminster Hall debate on skin conditions and mental health that will take place on Tuesday 25th January from 4.30 – 5.30pm**. As a person living with psoriasis / family member of someone living with psoriasis / a patient representative, it would mean a lot to have your support at this debate.

As you may know, psoriasis is an immune-mediated disease which primarily affects the skin and sometimes the joints. It currently affects 2-3% of the UK population which can be as many as 2.1 million people.

Psoriasis can have a large, and sometimes devastating, psychological impact, and people living with the condition may experience feelings of depression, anxiety and shame. In addition, many people with psoriasis have low confidence and self-esteem due to its visible nature, which in turn impacts on their relationships, education, employment and social lives. People with psoriasis often spend the day feeling uncomfortable, embarrassed, itchy and in pain. Despite this, there is a severe lack in vital mental health support for people living with inflammatory skin conditions, including psoriasis.

[You might like to insert some information here about your own experiences of psoriasis and mental health/ supporting a family member with psoriasis/ as a patient representative]

Psoriasis is a lifelong condition that can be successfully treated and managed providing there is timely access to healthcare professionals and targeted therapies.

At this time people with psoriasis are facing ever increasing delays in referrals to specialist care and are experiencing long waiting times for appointments. The distress this causes only heightens the impact, and often severity, of the condition making people with psoriasis feel increasingly worthless and unsupported.

These issues were highlighted in a [report](http://www.appgs.co.uk/wp-content/uploads/2020/09/Mental_Health_and_Skin_Disease2020.pdf) published recently by the [All-Party Parliamentary Group on Skin (APPGS)](https://www.appgs.co.uk/), and have since been further compounded by the COVID-19 pandemic. For the key findings from the report please see the Executive Summary (page 5): <http://www.appgs.co.uk/wp-content/uploads/2020/09/Mental_Health_and_Skin_Disease2020.pdf>

I would be grateful if you could attend the debate and raise the points highlighted in this letter. You can also help by:

1. Contacting the Psoriasis Association mail@psoriasis-association.org.uk for updates about psoriasis, treatments and local statistics.
2. Accessing further information about psoriasis at [www.psoriasis-association.org.uk](http://www.psoriasis-association.org.uk)
3. Tabling Parliamentary questions

Please let me know if you are willing to attend the debate.

I look forward to hearing from you and thank you for your support,

[Your name] [Your address (inc postcode)]