



A REASON TO HOPE. THE MEANS TO COPE.  
SCHIZOPHRENIA SOCIETY OF CANADA  
SOCIÉTÉ CANADIENNE DE LA SCHIZOPHRÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE.

## Advocacy Resources:

### Sample Letter to The Editor

*The following is a sample letter from the SSC's 2006- 2007 successful advocacy campaign for the Canadian Mental Health Commission. Our efforts, along with those of many other organizations and individuals, were rewarded in March 2007 when the federal government announced the establishment of the Mental Health Commission of Canada.*

Highlight your issue with a Letter to the Editor of your local newspaper. You will need to customize your own letter to provide information about your issue but this letter provides a sample of the length and structure that can be used. Letters to the Editor are generally brief and focused on a specific message. Whenever possible, try to relate your letter to a recent article or news item that that paper has published so that your letter is topical.

### Sample Letter:

*(Editor's Name)*  
*(Newspaper Name)*  
*(Street Address)*  
*(City, Province)*  
*(Postal Code)*

*(Date)*

Dear Editor:

Your article (*title of article*) published on (*date*) states it perfectly. Canada is the only G8 country without a national strategy for mental illness. Considering the fact that 20 per cent of Canadians will experience a mental illness in their lifetime, it is critical that our country establish a national body to oversee mental health and illness issues.

Millions of Canadians who are directly and indirectly impacted by mental illness have waited long enough. There is a significant and immediate need for a national mental health commission to begin making improvements to our mental illness system.

It is time for the government to act on this issue.

*(Name)*  
*(City, Province)*