Mental Health Day Template LTE

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**This Mental Health Day, let’s recognize the toll tobacco has on those experiencing mental health concerns**

Dear Editor,

START YOUR LETTER BY SHARING THAT SATURDAY, OCTOBER 10 IS MENTAL HEALTH DAY, WHICH FOCUSES ON RAISING AWARENESS OF MENTAL HEALTH ISSUES AND MOBILIZING EFFORTS TO SUPPORT MENTAL HEALTH. TALK ABOUT THE PROGRESS THAT’S BEEN MADE IN BETTER UNDERSTANDING AND DESTYGMATIZING MENTAL HEALTH ISSUES IN RECENT YEARS, AND SHARE THAT ONE FACET THAT SOMETIMES PAIRS WITH MENTAL HEALTH ISSUES CAN OFTEN GO OVERLOOKED: TOBACCO ADDICTION.

USING THE [NEW UP CLOSE WITH BEHAVIORAL HEALTH DOCUMENT ON THE DHS WEBSITE](https://www.dhs.wisconsin.gov/publications/p02681d.pdf), TALK ABOUT THE IMPACT TOBACCO HAS ON THE MENTAL HEALTH COMMUNITY.

[USING THE SAME DOCUMENT](https://www.dhs.wisconsin.gov/publications/p02681d.pdf), TALK ABOUT THE BENEFITS THAT COME WITH QUITTING. EXPLAIN HOW QUITTING TOBACCO USE IMPROVES MENTAL HEALTH AND HEALTH OVERALL.

**IF IT’S RELEVANT TO THE WORK YOU’RE DOING, DISCUSS WHAT YOUR ALLIANCE IS DOING ON THIS ISSUE. DESCRIBE ANY PARTNERSHIPS YOU HAVE (WiNTiP, LOCAL MENTAL HEALTH PROVIDERS, SERVICE ORGANIZATIONS, ETC.) AND HOW YOU’RE HELPING TO ADDRESS THIS DISPARITY.**

CLOSE BY ENCOURAGING ALL TOBACCO USERS, REGARDLESS OF THEIR MENTAL HEALTH STATUS, TO CONTACT THE WISCONSIN TOBACCO QUIT LINE FOR FREE HELP BY CALLING 1-800-QUIT NOW (784-8669) OR TEXTING “READY” TO 200-400. ALSO, LET MEDICAID RECIPIENTS KNOW THAT THEY CAN TALK TO THEIR DOCTOR ABOUT FREE HELP AVAILABLE THROUGH THE MEDICAID CESSATION BENEFIT.