

## **ACT NOW!**

### **Send This Letter to Revolutionize Mental Health Care.**

The medical field needs to step up to address the mental health crisis, starting with improved education for doctors-to-be. Right now, medical schools fail to give graduates enough training on mental health care and the mental and social aspects of medicine. The answer is to adopt a modern scientific approach—a systems view called the biopsychosocial model—to bring about real change. We need your voice to make this happen. If we work together, we can push for the creation of a team to check that medical schools are following this proven model. Here's how you can help in just a few minutes:

1. **Use This Sample Letter.** It's written to important decisionmakers, including top leaders and organizations. Just add your name (and your story, if you want) then copy and email it.
  
2. **Send Emails to These People and Groups:**
  - a) The President: [president@whitehouse.gov](mailto:president@whitehouse.gov)
  - b) The Surgeon General: [osgpress@hhs.gov](mailto:osgpress@hhs.gov)
  - c) The National Academies of Science, Engineering, and Medicine: [mmcnutt@nas.edu](mailto:mmcnutt@nas.edu)
  - d) Your Congressperson ([Representatives | house.gov](http://Representatives.house.gov)) – you will need to find your representative and email from the form provided or go the website provided to send an email; in both cases, then paste the sample letter
  - e) Your Two Senators ([U.S. Senators' Emails and Phone Numbers \(D.C. and District\)](http://U.S.Senators'EmailsandPhoneNumbers(D.C.andDistrict))) – you will need to find your representative and email from the form provided or go the website provided to send an email; in both cases, then paste the sample letter

## SAMPLE LETTER

[Start with your personal story, if you have one, as the first paragraph.]

Dear Sir/Madam,

A new book ([Barnes&Noble](#) [Amazon](#) [BooksAMillion](#) [Bookshop](#)), *Has Medicine Lost Its Mind?*, uncovers a worrying fact: mental health care in the U.S. is struggling because medicine fails to train primary care doctors who provide 75% of all mental health care. This gap leaves almost 100 million Americans without correct diagnosis or treatment leading to avoidable problems like addiction, homelessness poor performance in school and work, and even jail time.

Mental health issues are the most widespread health problems in the United States, but medical schools devote only **2% of their curriculum** to mental health and psychosocial topics. Medicine's outdated focus on physical ailments ignores the scientific systems approach that other sciences have embraced. The **biopsychosocial model** combines mental, social, and physical health to provide a complete framework for patient care— yet the medical field resists its adoption.

As loneliness and pandemics worsen mental health challenges, we need to act now. I ask you to create an investigative committee to assess how well U.S. medical schools put the biopsychosocial model into practice and to suggest changes where needed. The public expects our healthcare system to meet our needs. Thank you for your leadership and commitment.

[Your Name]

Let's make this the moment where we say no to business as usual. **Spend five minutes today to send your emails and spread this call to action far and wide! If we work together, we can make sure future doctors have all the tools they need to tackle the mental health crisis headon.**