Dear MP,

There is no avoiding the consensus, across professions, that ‘building back better’ must have as a central intention, the well-being of our young. That every primary and secondary school should have access to a school therapist as part of their staff team. Piecemeal, emergency intervention in late teenage years and early adulthood will not fix the issues we face. Instead, we need early help from highly trained and independently regulated therapists, utilising practice-based evidenced approaches. This already exists, as does the training infrastructure, in the case of Play Therapy and Play Therapists. [www.playtherapy.org](http://www.playtherapy.org).

A good Mental Health service for our young is not just for now, to temporarily tackle the crisis being described across media and academic literature. A good Mental Health service for our young is robust and built from evidenced practice. A good Mental Health service for our young can empower children with feelings of hope for their future, of belonging to a society which listens to them, cares about them, and makes the necessary revisions of policy to keep them safe and well. Play Therapy UK’s work over 20 years has time and again proved to us that we must have children’s Mental Health protected. That their right to a trained therapist be enshrined in law. To this end, in 2019, Play Therapy UK began the sponsorship of the Child Mental Health Charter [childmentalhealthcharter.com](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchildmentalhealthcharter.com%2F&data=04%7C01%7Csophia%40apac.org.uk%7C2bbe958c893a4e78dbb908d988e2c574%7Cff67117d5bef4c21b070862817103874%7C1%7C0%7C637691329825325972%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xVTbhvue3pwk2hcPgwE3eCv4zWpcz76fGMZ1%2FbxSXIk%3D&reserved=0) and have had support from the late Sir David Ames <https://childmentalhealthcharter.com/18-10-21-sir-david-amess-mp-a-tribute> and from Nadine Dorries at the launch of the charter in the Jubilee Room in October 2019 <https://childmentalhealthcharter.com/the-charter-makes-its-mark>.

2022 is the year that the Mental Health Act 1983 was promised to be reformed.  The January 2020 White Paper expunged almost all help for children that was included in the Green Paper for community and school-based therapy, where most child therapists hope to work to treat issues before they escalate. There is now a sense of true urgency in 2022, and we must ensure children’s mental health is protected in the new law, encompassing the Charter’s principles.

We fear that without help from our MPs, children’s rights to therapy and therefore the funding and protection for its provision, will not be actioned.  That talking therapies for teenagers and young adults may be bolstered in some places, but that play and art therapies for our youngest will remain in the dark.

Please sign up to our Child Mental Health Charter and support our work to help the youngest of our society, who so desperately need it. <https://childmentalhealthcharter.com/supporters>

Please feel free to contact me on: XXXXXXXX or at: XXXXXXXX