

[Please write to your MP at their constituency address  
Copy and paste this text into a letter or email filling in the information where needed]

[Your address]

[MP's name  
Address 1  
Address 2  
Address 3  
Postcode]

[Date]

Dear [MP's name],

I am writing to ask for your help with ensuring that people with OCD in [name of your area] are able to access the quality treatment that they need.

OCD is a severe disorder that wrecks lives but, with quality treatment, it can be treated. [Say something here that describes your own experience of the impact that OCD has. This should be only a few lines]

The National Institute of Health and Care Excellence (NICE) have issued guidelines for the treatment of OCD but too often these are not being followed up. People are having to wait too long for cognitive behavioural therapy and are not being referred to specialist care when needed.

I would like you to write to Clinical Commissioning Groups that are providing services in [name of your area] to ask them whether they are complying with NICE guidelines for the treatment of OCD and if they are not, to explain why.

This request, coming from yourself, will help ensure that CCG's examine their performance in supporting people with OCD. I would be very grateful if you could let me know any response that you receive so that I can pass this onto OCD Action, that national charity supporting people affected by OCD, who are compiling information nationwide and working with the Department of Health on this important issue.

You can contact me at [email] or [telephone]. Thank you for your help with this matter, I look forward to your response.

Best wishes,

[Your name]