

Dear

I am writing to urge you to take action to improve access to mental health support for individuals in our community. As you are aware, poor mental health is a growing concern that is impacting the lives of many people in our society. One of the main issues faced by those seeking mental health support is long waiting lists, which can exacerbate existing mental health concerns and lead to further complications.

One potential solution to this problem is to provide direct access to counselling through the Accredited Register programme. This programme offers referrals directly to qualified and experienced counsellors and psychotherapists, which can help to reduce waiting times and improve access to timely support. By addressing mental health concerns before they escalate, individuals are able to maintain their well-being and lead productive lives, which in turn, reduces the risk of future complications, such as decreased productivity, increased use of healthcare services, and lost earnings.

Moreover, empowering patients to choose their own therapist and modality from those on an Accredited Register can significantly reduce the rate of non-reliable improvement and the high number of referrals ending without being seen. Patients are invested in their care and more likely to improve when they can choose their therapist and the type of support they receive. This approach can also help to remove mental health inequalities by ensuring that high-quality, timely, and appropriate mental health support is not limited to the well-off and wealthy, or determined by postcode. Offering a choice of practitioner and modality currently only available in the private sector will go a long way in reducing such inequalities.

Investing in early intervention for mental health is a cost-effective solution that can yield long-term benefits for both individuals and society as a whole. By calling on the 60,000+ qualified and experienced counsellors and psychotherapists available immediately through the Accredited Register programme, we can help to address the recruitment deficit and reduce the costs to our society due to poor mental health.

I urge you to take action on this issue and work towards improving access to mental health support for all individuals in our community.

If you would like to learn more, please contact Meg Moss, Head of Policy & Public Affairs at the National Counselling Society: [meg@nationalcounsellingsociety.org](mailto:meg@nationalcounsellingsociety.org)

Thank you for your time and attention to this important matter.

Sincerely,