



A Handy Guide to Emailing Your MP

If you've got this far - thank you! Emailing your local MP is a huge step in advocating for the 30,000 HG sufferers every year who struggle with a condition which impacts sufferers' long term psychological well-being as well as their physical health.

Despite commitments in the Women's Health Strategy and the expansion of women's health hubs, HG sufferers remain excluded from the services they desperately need. It is time to recognize HG as a form of perinatal trauma and ensure that women receive the care and support, they deserve.

This guide breaks down how to email your MP as a part of our efforts to change this narrative for sufferers of Hyperemesis Gravidarum in the UK.

Step One: Find Out the Contact Details for Your MP

If you don't know them already you can find the contact details for your local MP via the UK Parliament website: <https://members.parliament.uk/members/commons>

Simply search for your MP by your postcode and then copy their email address.

Step Two: Copy and Paste Our Email Example, Edit & Send

Copy the example email below and make sure to edit and add any additional concerns you may have. These are your representatives in parliament, make sure they know what you believe they should be standing for!

Subject: Urgent Action Needed: Recognising Hyperemesis Gravidarum as Perinatal Trauma.

Dear [MP's Name],

I hope this email finds you well. I am writing to you as a concerned constituent and supporter of Pregnancy Sickness Support (PSS), the only registered UK charity dedicated to supporting those suffering from hyperemesis gravidarum (HG).

As part of an ongoing awareness campaign, I want to highlight the urgent need for systemic changes to ensure women suffering from HG receive the care they desperately need.

Hyperemesis gravidarum is not just “really bad morning sickness”—it is a debilitating pregnancy condition that profoundly impacts both physical and mental health. For too long, the suffering of women with HG has been dismissed, leading to tragic outcomes like Jess Cronshaw & Baby Elsie Leck’s death. Despite commitments made in the Women’s Health Strategy 2024, HG sufferers remain excluded from the services they need.

Key Issues Identified:

- **Current Services Are Insufficient:** Maternal Mental Health Services (MMHS) focus on birth-related trauma, while Specialist Perinatal Mental Health Services (SPMHS) address general mental health conditions but lack a focus on HG-specific needs. As a result, HG sufferers are left without adequate support.
- **HG needs to be recognised as trauma:** HG causes prolonged physical suffering, isolation, and severe psychological distress. It is frequently dismissed as "morning sickness," leading to delays in diagnosis, treatment, and support.
- **Inequitable Access:** MMHS and SPMHS pathways are inconsistent across regions, with significant disparities in access, waiting times, and eligibility criteria.
- **Systemic Dismissal:** Many women, like Jess Cronshaw, seek care but are dismissed due to a lack of awareness and training among healthcare professionals.

Via the Charity’s ‘A Month to Change Minds Campaign’ we’re asking for:

1. Establish HG-Specific Pathways:

- Quick win: Include HG in both MMHS and SPMHS frameworks as a recognised form of perinatal trauma.
- Develop exclusive integrated pathways for HG that address both physical and mental health needs.

2. Train Healthcare Professionals:

- Mandate training for midwives, GPs, and obstetricians on recognising and treating HG as a serious condition.
- Equip healthcare professionals to identify mental health distress in HG sufferers early and refer them to appropriate services.

3. Advocate for National Standards:

- Standardise HG care pathways across all regions to eliminate inequities in access and treatment.
- Ensure that women with HG have access to mental health support within **two weeks** of referral.

Pregnancy Sickness Support (link to <https://pregnancysicknesssupport.org.uk>) provides crucial services, including a national helpline, peer support networks, and educational resources. However, greater governmental support is essential to ensure no one faces this condition alone.

We would appreciate the opportunity to discuss this matter further and explore ways you can support this cause. Please let us know if you would be open to a meeting with the Charity and I to discuss how you can support our campaign.

In the meantime, please visit the PSS campaign page (link to: <https://pregnancysicknesssupport.org.uk/a-month-to-change-minds/>) for more information.

Thank you for your time and consideration. I look forward to your response.

Best regards,

[Your Full Name]

[Your Address]

[Your Contact Information]

Step Three: Thank you

Take some time to thank yourself for helping us fight for change!

Team PSS

fundraising@pregnancysicknesssupport.org.uk