**LETTER TO THE EDITOR SAMPLE**

**Title: We need Congress to act to end the national emergency on kids’ mental health**

Dear Editor,

I write after reading your (DATE) article on (XYZ). The pandemic has left deep and lasting scars on the mental health of our nation’s kids, and federal intervention is needed quickly, or this crisis will only get worse. Even before the pandemic, children and teens were in a mental health crisis, but isolation from their peers, disruptions to their school routines, and the loss of loved ones have compounded their struggles. The rate of mental health emergencies among kids has skyrocketed during the pandemic.

We are seeing similar problems here in our state. [*Consider inserting local examples or statistics on the children’s mental health crisis.]*

That’s why our organization joined “[Sound the Alarm for Kids](https://www.soundthealarmforkids.org/)” to raise awareness of the importance of this issue so that Congress will take action to provide funding that will help us address this national mental health emergency for children and teens.

It is past time that we invest in our kids’ mental health and give them the help they need to get to the other side of this pandemic.

Sincerely,

X