**MP Template Letter/Email:**

[Your Name]

[Your Address]

Dear [MP/POLICY MAKER Name]

As one of your constituents I am writing to you to tell you about an upcoming international event raising awareness of epilepsy mortality and SUDEP (Sudden Unexpected Death in Epilepsy) – an issue which is incredibly important to me and one which I would like your support on as my local MP/Policy Maker [DELETE AS APPROPRIATE].

This issue is a huge concern to me because [share details of your personal story/experiences if you feel able to, as your story can be very powerful in getting MPs to listen]

SUDEP Action Day was launched on 23 October 2014 by [**SUDEP Action**](http://sudepactionday.org/about-sudep-action/) (as SUDEP Awareness Day). This international day, supported by over 100 epilepsy organisations worldwide shines a light on SUDEP (Sudden Unexpected Death in Epilepsy) one of the largest causes of death in people with epilepsy, helping empower people through increased awareness. SUDEP is when someone with epilepsy dies and no other cause of death can be found.

**\*\* SUDEP Action Day happens every third Wednesday of October – this year: 20th October 2021 \*\***

There are **21 epilepsy deaths a week** in the UK alone – so SUDEP Action Day encourages action to be taken to tackle epilepsy deaths both in the UK and worldwide. **Many people with epilepsy are not told about SUDEP**. They are unaware of the risks linked to epilepsy/SUDEP, so cannot take steps to reduce any risks they have or make informed choices about their epilepsy. **It is thought at least 42% of epilepsy deaths can be prevented with positive action**, meaning the lives of many young and otherwise healthy people could be saved each year if people could access the right medical intervention.

The COVID-19 pandemic saw rising risks for people with epilepsy, and added extra strain onto families, health workers, grieving families and the charities who support them. Mortality trends for epilepsy doubled for pregnant women pre-pandemic and rose across the board. Many more people with epilepsy are dying through the pandemic. It is more important than ever that SUDEP and epilepsy risks are given visibility so that people have a chance to take actions which could save lives.

As leaders in SUDEP and epilepsy deaths for over 25 years, the charity SUDEP Action know the topic of SUDEP raises questions and can be worrying for some to think about. Yet many people are still not being given this vital health information – it’s **#Time2Change** this– so people can take positive action towards reducing their epilepsy risks.

**As your constituent I would welcome you showing your support for SUDEP Action Day. The SUDEP Action Day Briefing I have enclosed includes a number of ways you can do this.**

**I also urge you to engage with the charity SUDEP Action further, as your support would mean a lot both to the charity and to myself.**

I hope you will be willing to support SUDEP Action Day and the ongoing work of SUDEP Action.  
I look forward to hearing from you about this soon,

[YOUR NAME]