

## WKD policy ask – emails to MSPs

### Email from patients/supporters requesting a meeting

Subject – World Kidney Day – Thursday 10 March 2022 – meeting request

Dear x

I am writing to you as my MSP to request an online meeting on or around **World Kidney Day** on Thursday 10 March 2022.

#### ***Add personal experience of kidney disease***

There are around 3 million people living with kidney disease in the UK and everyday 20 more people will develop kidney failure. An estimated 45,000 people die prematurely with kidney disease each year and kidney disease inflicts a huge toll on those living with the condition and their families, both physically and emotionally.

A study by patient support charity Kidney Care UK showed that only 5% of kidney units employ the recommended number of psychologists. The charity had a 61% increase in requests for its counselling services last year.

A survey by Kidney Research UK in January 2022 found that over two-thirds (67%) of kidney patients have experienced symptoms of depression and more than a quarter (27%) have considered self-harm or suicide as a result of their kidney disease. Yet people with kidney disease struggle to access appropriate mental health services, with 68% of respondents saying they have not been offered any mental health support.

I would like to arrange an online meeting around the 10 March to discuss my experience of kidney disease and how you can help ensure people with kidney disease have access to the mental health support they need.

I hope you are able to meet me, and I look forward to hearing from you.

Best wishes.

*Name*

*Address with postcode*

### Email from patients/supporters - asking MSP to write to the Minister

Subject – World Kidney Day – 10 March 2022 – better mental health support for kidney patients

Dear x

I am writing to you as my MSP to ask you to take action on mental health support for people with kidney disease ahead of **World Kidney Day** on Thursday 10 March 2022.

***Add personal experience of kidney disease***

There are around 3 million people living with kidney disease in the UK and everyday 20 more people will develop kidney failure. An estimated 45,000 people die prematurely with kidney disease each year and kidney disease inflicts a huge toll on those living with the condition and their families, both physically and emotionally.

A study by patient support charity Kidney Care UK showed that only 5% of kidney units employ the recommended number of psychologists. The charity has had a 61% increase in requests for its counselling services last year.

A survey by Kidney Research UK in January 2022 found that over two-thirds (67%) of kidney patients have experienced symptoms of depression and more than a quarter (27%) have considered self-harm or suicide as a result of their kidney disease. Yet people with kidney disease struggle to access appropriate mental health services, with 68% of respondents saying they have not been offered any mental health support.

I would like you to write to the Minister for Mental Wellbeing and Social Care Kevin Stewart MSP raising awareness of the impact of kidney disease on mental health and calling for everyone with kidney disease to have appropriate access to mental health support. I have suggested some wording for this letter below my signature.

I hope you are able to write to the Minister and I look forward to hearing from you.

Best wishes.

*Name*

*Address with postcode*

Dear Minister

I am writing to you to ask what steps the Scottish Government is taking to support patients with kidney disease who require mental health support.

There are around 3 million people living with kidney disease in the UK and everyday 20 more people will develop kidney failure. An estimated 45,000 people die prematurely with kidney disease each year and kidney disease inflicts a huge toll on those living with the condition and their families, both physically and emotionally.

A study by patient support charity Kidney Care UK showed that only 5% of kidney units employ the recommended number of psychologists. The charity has had a 61% increase in requests for its counselling services last year.

A survey by Kidney Research UK in January 2022 found that over two-thirds (67%) of kidney patients have experienced symptoms of depression and more than a quarter (27%) have considered self-harm or suicide as a result of their kidney disease. Yet people with kidney disease struggle to access appropriate mental health services, with 68% of respondents saying they have not been offered any mental health support.

I urge you to ensure patients diagnosed with kidney disease are routinely offered regular integrated psycho-social assessment and interventions from specialist renal psycho-social practitioners embedded within the multidisciplinary team (MDT).

I look forward to hearing from you.

Yours sincerely

MSP