**{YOUR FULL ADDRESS}**  
**{YOUR POSTCODE}**  
**{DATE}**

Dear **{MP NAME},**

My names is **{YOUR NAME}** and I am a constituent of **{YOUR CONSTITUENCY}**. I am writing to you today because I am concerned about the issue of bullying at work, and the impact this is having on both those affected and our wider society.

Bullying can have a significant impact on someone’s mental and physical health and can lead to people leaving or losing their job. Research has found that 15 per cent of people have experienced bullying at work in the UK, which is not related to any protected characteristic – that is currently estimated to be around 4.9 million people employed in the UK who have been affected by this. Bullying also has a major impact on businesses and the economy, with 17 million days of work lost last year due to work related stress, depression, or anxiety. Workplace conflict is costing UK companies £28.5 billion each year.

This is something that’s particularly important to me as **{EXPLAIN KEY REASONS AND ANY PERSONAL EXPERIENCES THAT HAVE INFORMED THIS}.**

I am asking you to take the following steps to address my concerns:

* **Support Rachael Maskell’s EDM 1426 calling for the Government to recognise the issue of bullying, and take actions that would help to stop bullying, and ensure respect at work.**
* **Contact Rachael to join the new APPG on Bullying and Respect at work**
* **Support Rachael Maskell’s Bullying and Respect at Work Bill**
* **Show your support for legislation and the EDM on social media using the hashtags #StopBullyingAtWork #BackTheBullyingBill**

If you feel unable to do these things, please could you write to me explaining your reasons for not supporting this essential change, detailing what other actions you plan to take to tackle this issue. If you are unable to address this personally, I would like to request that you escalate my letter to the relevant Minister or department.

Please do keep me informed of any progress made.

I look forward to hearing from you.

Yours faithfully,  
**{YOUR NAME}**