

HOW TO WRITE A LETTER TO YOUR LEGISLATOR



(Month) (Day), (Year)
The Honorable (First Name) (Last Name)
(Legislator's Street Address)
St. Paul, MN 55155

Dear Representative/Senator (Last Name):

My name is (your first and last name), and I am a (person living with epilepsy / family member / service provider / advocate / community member) who resides in your district. I am writing to share perspectives on issues that are important to people living with epilepsy and their families across Minnesota.

[Make Your Point - Identify the issue and why this issue is important to you. If you are writing about a specific bill, mention it. See examples below].

Many individuals with epilepsy rely on life-saving medications and medical supplies to manage their condition. When out-of-pocket costs are high, it can create barriers to consistent care. Missing medication is one of the leading causes of breakthrough seizures and can result in injury, hospitalization, and, in rare cases, death. Affordable access to care plays a critical role in supporting health, stability, and quality of life.

In addition to medical care, people with epilepsy often depend on essential health services such as transportation, case management, mental health support, caregiver services, and, in some cases, residential housing with on-site support. Access to these services helps individuals remain safe, independent, and connected within their communities.

I also want to highlight the importance of education and awareness around Sudden Unexpected Death in Epilepsy (SUDEP). SUDEP occurs in approximately 1 in 1,000 people with epilepsy, and when seizures are uncontrolled, the risk increases to more than 1 out of 150. Increasing awareness, education, and access to appropriate care can help reduce risk and save lives.

[Optional personal story: Share how epilepsy has affected you, your family, or your community. Personal stories help policymakers understand the real-world impact of these issues.]

[Make the Ask - what do you want your representative to do —vote a certain way, make sure a certain policy is included in a piece of legislation, or raise a certain issue? If applicable, suggest potential solutions or policy recommendations.]

Thank you for your service to our district. I appreciate your attention to these issues and would be grateful for the opportunity to discuss this matter further, and I look forward to hearing about your stance and actions on **[insert the issue]** in the near future.

Sincerely,

(SIGN YOUR NAME)

Print Name
Street Address
City, State, ZIP Code