

Dear [Student's Name],

I hope this letter finds you well. We want to remind you that your mental health and well-being are of utmost importance to us at [School Name].

We understand that there may be times when you feel overwhelmed or face challenges that can impact your mental health. Please know that you are not alone and we are here to support you.

If you are experiencing any difficulties, we encourage you to reach out to our mental health resources, including:

- **School Counselor:** [Counselor's Name, Contact Information]
- **Support Groups:** [Details about available groups]
- **Hotline Numbers:** [List of hotlines, if applicable]

Remember, it's okay to ask for help. We are committed to creating a safe and supportive environment for you to thrive.

Take care and don't hesitate to reach out.

Sincerely,
[Your Name]
[Your Position]
[School Name]