

# Emotional Support Resources for Bariatric Surgery

Dear [Recipient's Name],

As you prepare for your journey towards bariatric surgery, we understand that this path can bring about a range of emotions and questions. It is important to know that you are not alone. We are here to provide you with the emotional support you may need during this process.

## Available Resources:

- **Support Groups:** Join our weekly support groups to connect with others who are on a similar journey.
- **One-on-One Counseling:** Schedule sessions with our licensed counselors to discuss your feelings and concerns.
- **Workshops:** Participate in workshops focused on coping strategies, mindfulness, and emotional well-being.
- **Online Resources:** Access our online portal for articles, videos, and forums about emotional health related to bariatric surgery.

Please feel free to reach out to us for further information or to schedule an appointment. Your emotional well-being is just as important as your physical health, and we are committed to supporting you throughout your journey.

Warm regards,

[Your Name]

[Your Title]

[Your Organization]

[Contact Information]