

# Dear Employees,

We care about your mental health and well-being. As part of our commitment to support you, we are providing a list of mental health resources available to all employees.

## Employee Assistance Program (EAP)

The EAP offers free and confidential counseling services. You can reach them at:

**Phone:** 1-800-555-0199

**Website:** [www.youreap.com](http://www.youreap.com)

## 24/7 Mental Health Hotline

If you are in need of immediate support, please call:

**Phone:** 1-888-555-0123

## Local Mental Health Services

For additional support, consider reaching out to local mental health services:

### Community Health Center

Address: 123 Wellness Way, Suite 100

Phone: 1-555-123-4567

## Wellness Webinars

Join our upcoming webinars to learn more about mental health and wellness. Schedule and registration details can be found on our intranet.

Remember, seeking help is a sign of strength. Please take care of yourself and do not hesitate to reach out for support.

Sincerely,  
Your HR Team