

# Dear Students,

We understand that managing your mental health is essential for academic success and overall well-being. We are here to support you. Below are some valuable resources available to you:

## On-Campus Resources:

- **Counseling Center:** Visit us at [Location] or call [Phone Number] to make an appointment.
- **Mental Health Workshops:** Check our schedule for upcoming workshops on stress management and mindfulness.

## Hotlines:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text "HOME" to 741741 for 24/7 support.

## Self-help Resources:

- [MentalHealth.gov](https://www.mentalhealth.gov) - Find information and tips for maintaining mental wellness.
- [Headspace](https://www.headspace.com) - Explore guided meditation and mindfulness exercises.

Remember, seeking help is a sign of strength. Do not hesitate to reach out for support.

**Sincerely,**

[Your Name]  
[Your Position]  
[Institution Name]