

Dear Educators,

We understand that teaching can be challenging and at times overwhelming. Your mental health is important, and we want to provide you with resources to support you.

Mental Health Support Resources

- **National Alliance on Mental Illness (NAMI)** - [Visit NAMI](#)
- **Crisis Text Line** - Text "HOME" to 741741 for 24/7 support.
- **Employee Assistance Program (EAP)** - Confidential support for employees. Contact HR for details.
- **Wellness Workshops** - Join our upcoming workshops on stress management and self-care.

Remember, it's okay to ask for help, and taking care of yourself is vital for your well-being and your students'.

Contact Information

If you have any questions or need further assistance, please don't hesitate to reach out to our counseling department at **(123) 456-7890** or counseling@school.edu.

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