

# Dear [Church Community Name],

We hope this letter finds you in good health and spirits. As part of our commitment to support the well-being of our congregation, we are excited to share valuable mental health resources available to our community.

## Mental Health Resources

- **Counseling Services:** [Local Counseling Center Name] offers professional counseling for individuals and families. Contact them at [phone number] or visit [website].
- **Support Groups:** Join our weekly support group sessions every [day/time] at [location]. This is a safe space to share and listen.
- **Helplines:** For immediate support, please call [National Helpline] at [phone number]. They provide 24/7 assistance.
- **Workshops and Seminars:** We will be hosting workshops on mental health awareness and coping strategies on [dates]. Stay tuned for more information!

If you or someone you know is struggling, please don't hesitate to reach out. We are here to support one another in faith and love.

In service and community,

[Your Name]

[Your Position]

[Church Name]

[Contact Information]