

# Dear Parents and Guardians,

We are excited to announce that our school will be participating in a Mental Health Day on **[Date]**. This initiative aims to promote mental well-being among our students and to provide them with valuable resources and support.

Throughout the day, students will engage in various activities designed to foster discussions about mental health, encourage self-care practices, and build resilience. We believe that these discussions are crucial for developing a safe and supportive school environment.

We kindly ask for your support in encouraging your child to actively participate in this important event. Please take a moment to discuss the significance of mental health and how they can contribute positively to this initiative.

If you have any questions or would like more information, feel free to reach out to us at **[Contact Information]**.

Thank you for your continued support.

Sincerely,  
**[Your Name]**  
**[Your Position]**  
**[School Name]**  
**[Contact Information]**