

Notification: Mental Health Awareness Day

Dear Students and Parents,

We are excited to announce that our school will be observing Mental Health Awareness Day on **[insert date]**. This event aims to promote awareness and understanding of mental health issues, encouraging our students to prioritize their mental well-being.

On this day, we will host a variety of activities including:

- Workshops on stress management
- Interactive sessions with mental health professionals
- Mindfulness and relaxation exercises
- Group discussions and sharing circles

We invite all students to participate actively in these events and remind everyone that it's perfectly okay to seek help and share experiences.

For any questions or further information, please do not hesitate to contact us at **[insert contact information]**.

Thank you for your support in promoting mental health awareness.

Sincerely,

[Your School Name]