

# Letter of Access for Mental Health Support

Date: [Insert Date]

To Whom It May Concern,

I am writing to formally request access to mental health support services for the [Team Name] sports team. As we recognize the importance of mental wellness in athletic performance and overall team dynamics, we aim to provide our athletes with the necessary resources to ensure their psychological well-being.

The following services are requested:

- Individual counseling sessions for team members
- Group workshops focused on stress management and mental resilience
- Regular check-ins and support availability during the season

Please let us know how we can facilitate this support and any necessary steps we need to take to ensure our athletes receive the help they need.

Thank you for your attention to this important matter. We look forward to your positive response.

Sincerely,

[Your Name]

[Your Position]

[Team Name]

[Contact Information]