

Support for Mental Health in Our Sports Team

Dear Team Members,

As we continue to train hard and compete fiercely, it is important to remember that our mental health is just as crucial as our physical fitness. Stress, anxiety, and other mental health challenges can affect any of us, whether on or off the field.

We want to encourage open conversations about mental health and remind you that it's okay to seek support when you need it. Please know that our coaching staff, team managers, and designated mental health professionals are here to help you navigate any challenges you may face.

We will be hosting a workshop next week focused on mental health awareness and strategies to cope with stress. We encourage everyone to participate and take advantage of the resources available to you.

Your well-being is our priority, and together we can create a supportive environment where everyone feels valued and heard.

Thank you for being a part of our team. Let's continue to support each other, both on and off the field.

Sincerely,
[Your Name]
[Your Position]
[Team Name]