

# Commitment Letter for Mental Health Support

Date: [Insert Date]

To: [Coach's Name]

Team: [Team Name]

From: [Your Name]

Position: [Your Position, e.g., Team Captain]

Dear [Coach's Name] and Team Members,

I am writing to express my commitment to fostering a positive mental health environment within our sports team. As athletes, we often face pressures that can affect our mental well-being, and it is imperative that we create an atmosphere where everyone feels supported.

My commitment includes:

- Encouraging open discussions about mental health challenges.
- Promoting the use of mental health resources available to our team.
- Organizing regular check-ins to support one another.
- Leading by example and maintaining my own mental well-being.

Together, we can build a thriving team culture focused on both performance and mental health. I look forward to collaborating with each of you to achieve this goal.

Thank you for your support.

Sincerely,

[Your Name]

[Your Contact Information]