

# Dear Team Members,

I hope this letter finds you well. As we continue to navigate the challenges of our season, I would like to address an important topic that affects all of us - mental health.

In light of recent discussions on mental well-being, I believe it is essential for us to create a supportive environment where everyone feels comfortable sharing their feelings and experiences. Therefore, I would like to invite you all to a meeting on [Date] at [Time], in [Location].

During this meeting, we will:

- Discuss the importance of mental health within our team.
- Share resources and strategies for support.
- Create an open dialogue for any concerns or suggestions.

Your presence and input are vital to fostering a culture of understanding and support. Remember, taking care of our mental health is just as important as our physical training.

Please confirm your attendance by replying to this letter. If you have any immediate concerns, feel free to reach out to me directly.

Looking forward to our discussion.

Sincerely,

[Your Name]

[Your Position]

[Contact Information]