

Dear [Team Name] Players and Staff,

As we continue to strive for excellence both on and off the field, it's essential to prioritize our mental health. Below are some valuable resources that can offer support to our athletes.

Mental Health Resources

- **National Alliance on Mental Illness (NAMI):** Visit [nami.org](https://www.nami.org) or call 1-800-950-NAMI (6264) for support and information.
- **Crisis Text Line:** Text "HOME" to 741741 for 24/7 support from trained crisis counselors.
- **Local Counseling Services:** [Insert local counseling service name and contact information]
- **Team Psychologist Contact:** [Insert psychologist's name and contact information]

Workshops and Training

We encourage participation in the following workshops aimed at enhancing mental well-being:

- **Stress Management Workshop:** Scheduled for [Date & Time] at [Location]
- **Mindfulness and Meditation Session:** Weekly sessions every [Day] at [Time]

How to get involved

If you would like to discuss these resources further or need someone to talk to, please don't hesitate to reach out to [Coach/Manager Name] at [Contact Information].

Remember, mental health is as important as physical health. Let's support each other!

Sincerely,
[Your Name]
[Your Position]