

Dear [Team Name] Members,

We are excited to announce a special training session focused on mental health support for our team. As athletes, it's essential to prioritize not only our physical well-being but also our mental resilience.

Training Session Details:

Date: [Insert Date]

Time: [Insert Time]

Location: [Insert Location]

This training will cover important topics including:

- Understanding mental health
- Recognizing signs of stress and anxiety
- Effective coping strategies for athletes
- Building a supportive team culture

We encourage every team member to attend and participate actively. Together, we can create an environment where mental health is prioritized and supported.

Thank you for your commitment to our team's overall well-being.

Best regards,

[Your Name]

[Your Title/Position]

[Contact Information]