

# Dear Students and Parents,

We hope this message finds you well. As part of our commitment to the well-being of our students, we want to raise awareness about the mental health resources available within our school community.

It is important to recognize that mental health is just as important as physical health. We encourage both students and parents to take advantage of the resources we offer for support and guidance.

## Available Resources:

- **Counseling Services:** Our school counselors are available to listen and offer support. You can schedule an appointment through the school office.
- **Workshops:** We will be hosting workshops on stress management and coping strategies throughout the year. Stay tuned for dates!
- **Peer Support Groups:** Peer-led support groups will be established to provide a safe space for students to share experiences and feelings.

We encourage open conversations about mental health and want to remind everyone that it's okay to ask for help. Please feel free to reach out if you have any questions or need more information about these resources.

Thank you for your attention to this important matter.

Best regards,

**Your School Name**