

# Dear Community Members,

In these challenging times, it is important to prioritize our mental health and well-being. We would like to provide you with valuable resources to support you and your loved ones.

## Mental Health Resources

- **National Alliance on Mental Illness (NAMI):** [www.nami.org](http://www.nami.org)
- **Crisis Text Line:** Text "HOME" to 741741 for free support 24/7.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** Call 1-800-662-HELP (4357).
- **Local Support Groups:** Visit [Your Local Health Department's Website] for local meetings.

If you or someone you know is struggling, please do not hesitate to reach out for help. You are not alone.

## Stay Connected

Join our community forums and online workshops to foster connection and support. Visit [Your Organization's Website] for more information.

Take care of yourself and each other.

Sincerely,  
[Your Organization Name]