

# Dear Parents and Guardians,

As we prepare for the upcoming school reopening, we understand that this transition can bring a range of emotions for both students and families. Our top priority is the well-being of our students, and we are committed to providing support during this time.

## Mental Health Support Resources

- **School Counseling Services:** Our counseling team is available to support students with any concerns they may have. Please encourage your child to reach out.
- **Community Helplines:** For immediate support, families can contact local mental health helplines:
  - National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
  - Crisis Text Line: Text "HOME" to 741741
- **Workshops and Webinars:** We will be hosting workshops focusing on coping strategies, anxiety management, and resilience. Dates will be shared soon.
- **Online Resources:** Visit our school website for links to articles, videos, and other resources on mental health support.

Please remember, it is perfectly normal to experience varying emotions at this time. We encourage open conversations about feelings and welcome you to reach out for support as needed.

Thank you for your understanding and partnership as we navigate this unique time together.

**Sincerely,**

**Your School Administration**

**Date:** [Insert Date Here]