

# Dear [Student's Name],

I hope this message finds you well. I want to take a moment to remind you that taking care of your mental health is just as important as your academic successes.

If you ever feel overwhelmed or need someone to talk to, please know that our mental health counseling services are available to support you. It's perfectly okay to seek help, and doing so shows strength and self-awareness.

Our counselors are here to provide a safe and confidential space for you to discuss your feelings and challenges. Remember, you are not alone in this journey.

If you'd like to schedule an appointment or have any questions, please don't hesitate to reach out to [Contact Information]. Your well-being is a priority, and we are here for you.

Take care and know that we believe in you!

Sincerely,  
[Your Name]  
[Your Position]