

Dear Parents and Guardians,

We hope this message finds you well. At [School Name], we understand that mental health is a crucial part of our students' overall well-being and academic success. In light of this, we want to inform you about the mental health resources available to our students and families.

Our school has partnered with several mental health organizations to provide support services, including:

- Confidential counseling sessions with licensed professionals.
- Workshops and seminars focused on stress management and coping strategies.
- Access to educational resources about mental health and wellness.

If you or your child are in need of support, we encourage you to reach out to our school counselor at [Counselor's Email or Phone Number]. Additionally, the following community resources are available:

- [Local Mental Health Organization Name] - [Contact Information]
- [Crisis Hotline] - [Contact Information]
- [Additional Resource] - [Contact Information]

We believe that with the right support, we can help our students thrive both academically and emotionally. Thank you for your continued partnership in fostering a healthy and supportive environment for our children.

Sincerely,
[Your Name]
[Your Position]
[School Name]