

Dear Students,

We hope this message finds you well. We want to remind you that our mental health services are available to all students in need of support.

Our services include:

- Confidential counseling sessions
- Workshops on stress management
- Support groups
- 24/7 crisis hotline

To schedule an appointment or for more information, please visit our website or contact our office directly. Remember, it's okay to ask for help!

Take care of yourselves, and we are here for you.

Sincerely,

Your Mental Health Services Team