

Dear Student Athletes,

We understand the unique challenges that come with being a student athlete, and we want to ensure that you have access to the mental health resources you need to succeed both in your sporting endeavors and academic pursuits.

Mental Health Resources:

- **On-Campus Counseling Services:** Our trained counselors are available for one-on-one sessions. To schedule an appointment, contact counseling@school.edu.
- **Hotline Support:** If you are in immediate need of support, please call the 24/7 mental health hotline at [1-800-123-4567](tel:1-800-123-4567).
- **Workshops and Group Sessions:** Join us for weekly workshops focusing on stress management and performance anxiety. Check the campus calendar for schedules.
- **Peer Support Program:** Connect with fellow student athletes who are trained to provide support. For more information, visit [our website](#).

Remember, taking care of your mental health is just as important as physical training. Don't hesitate to reach out if you need support.

Sincerely,
[Your Name]
[Your Title]
[School Name]