

# Mental Health Services Available for Educators

Date: \_\_\_\_\_

To: [Educator's Name]

[School/Organization Name]

[Address]

Dear [Educator's Name],

We understand that the role of an educator can be both rewarding and challenging. To support your mental well-being, we are pleased to inform you about the mental health services available to you.

## Services Offered:

- Confidential counseling sessions
- Workshops on stress management and resilience
- Peer support groups
- Resources for self-care and mindfulness practices

For more information or to schedule a session, please contact us at:

Email: [Contact Email]

Phone: [Contact Number]

Your mental health is important to us, and we encourage you to make use of these services to enhance your well-being.

Thank you for your dedication and hard work.

Sincerely,  
[Your Name]  
[Your Position]  
[Mental Health Services Department]