

Dear [Recipient's Name],

We hope this message finds you well. As part of our commitment to supporting the mental health and well-being of our community, we would like to share some valuable resources that can help you during challenging times.

Available Counseling Services:

- **[Counseling Center Name]** - Contact: [Phone Number] | Website: [URL]
- **[Therapist Name/Practice]** - Contact: [Phone Number] | Website: [URL]
- **[University Counseling Services]** - Contact: [Phone Number] | Website: [URL]

Hotlines and Support:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255)
- **Crisis Text Line:** Text "HELLO" to 741741
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** 1-800-662-HELP (1-800-662-4357)

Remember, seeking help is a sign of strength. We are here for you and encourage you to reach out if you have any questions or need further assistance.

Warm regards,
[Your Name]
[Your Position]
[Your Organization]