

# Dear Community Member,

We are excited to announce the distribution of our Community Mental Health Resource Guide, designed to provide support and information on mental health services available in our area.

This guide includes resources such as:

- Crisis hotlines
- Therapy and counseling services
- Support groups
- Educational materials
- Online resources

We believe that mental health is just as important as physical health, and we want to ensure that you have access to the support you need. Copies of the guide will be available at local community centers, libraries, and healthcare facilities.

If you would like to request a copy to be sent to you or have any questions, please do not hesitate to contact us at [info@communityhealth.org](mailto:info@communityhealth.org).

Thank you for your commitment to mental wellness in our community.

Sincerely,

**[Your Name]**

**[Your Position]**

**[Organization Name]**

**[Contact Information]**