

Dear Students,

We understand that the demands of academic life can sometimes be overwhelming. Your mental well-being is just as important as your studies, and we want to remind you of the mental health resources available to you at our institution.

Here are some resources you can access:

- **Counseling Services:** Free and confidential counseling sessions are available. To schedule an appointment, please visit [insert website] or call [insert phone number].
- **Mental Health Workshops:** Join our workshops on stress management and mindfulness. Check the schedule at [insert website].
- **Peer Support Groups:** Connect with fellow students who understand what you're going through. Meetings are held every [insert frequency] at [insert location].
- **24/7 Crisis Hotline:** For immediate support, please contact [insert hotline number]. Help is available any time, day or night.

Your mental health matters, and we are here to support you. Please do not hesitate to reach out for help.

Sincerely,
[Your Name]
[Your Title]
[Institution Name]