

# Dear Students,

We are excited to announce the introduction of new health resources aimed at supporting your well-being and success during your time at our institution.

## **New Health Resources Available:**

- **24/7 Mental Health Hotline:** A confidential support line available any time of the day.
- **Wellness Workshops:** Monthly workshops focused on stress management, nutrition, and more.
- **Online Health Portal:** Access to health information, appointment scheduling, and personal health tracking.

We encourage you to take advantage of these resources. Your health is our priority!

If you have any questions, please feel free to reach out to our Student Health Services at [healthservices@school.edu](mailto:healthservices@school.edu).

Best regards,  
The Student Health Services Team