

Dear Students and Families,

We understand that mental health is an essential aspect of overall well-being, especially in the current environment. To support our students and their families, we are providing a list of mental health resources available to you.

Mental Health Resources

- **School Counseling Office:** Our dedicated counselors are available to provide support and guidance. Contact them at [Phone Number] or [Email Address].
- **National Alliance on Mental Illness (NAMI):** 1-800-950-NAMI (6264) - Offers support, education, and advocacy for mental health.
- **Crisis Text Line:** Text "HELLO" to 741741 to connect with a trained crisis counselor.
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** Call 1-800-662-HELP (4357) for 24/7 information and referrals.
- **Local Mental Health Clinics:** [Insert Local Clinics and Contact Information]

How to Access Support

If you need support, please reach out to one of the resources listed above. You are not alone, and there are people who care and want to help.

Staying Connected

We encourage open conversations about mental health. Feel free to discuss your thoughts and feelings with trusted friends, family, or school staff.

Thank you for prioritizing mental health during these challenging times.

Sincerely,
[Your Name]
[Your Title]
[School/Organization Name]