

Mental Health Resource Guide Distribution

Date: [Insert Date]

To: [Recipient Name]

From: [Your Name]

Subject: Distribution of Mental Health Resource Guide

Dear [Recipient Name],

I hope this message finds you well. As part of our ongoing commitment to mental health awareness and support, we are pleased to share our Mental Health Resource Guide with you. This guide is designed to provide valuable information and resources for individuals seeking help and support.

Enclosed with this letter, you will find:

- A list of local mental health professionals
- Hotlines and emergency contact information
- Websites and support groups
- Self-help resources and coping strategies

If you have any questions or require further information, please do not hesitate to reach out. We believe that together we can make a positive impact on our community's mental health.

Thank you for your attention to this important matter.

Sincerely,

[Your Name]

[Your Position]

[Your Organization]

[Your Contact Information]