

Mental Health Resource Guide for Community Centers

Date: [Insert Date]

To: [Community Center Name]

Dear [Community Center Director/Manager],

We are reaching out to provide you with a comprehensive Mental Health Resource Guide designed specifically for community centers like yours. Our goal is to equip you with valuable information and resources that you can share with your community members.

Contents of the Guide:

- Local Counseling Services
- Crisis Hotlines
- Support Groups
- Workshops and Seminars
- Online Resources and E-therapy

Each section includes contact information, eligibility criteria, and resource availability. We encourage you to distribute this guide to your staff and community members to help promote mental well-being.

Thank you for your commitment to facilitating mental health resources in your community. If you have any questions or need further assistance, please do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title]

[Your Organization]

[Contact Information]