

Dear [Student's Name]

I hope this message finds you well. As part of our ongoing effort to support your mental wellness, I wanted to check in with you.

How have you been feeling lately? Are there any challenges you have been facing that you would like to discuss?

Please remember that it is perfectly okay to reach out for help when you need it. If you're experiencing stress, anxiety, or any other concerns, I'm here to listen.

Would you like to set up a time to talk further? Your well-being is important to me, and I want to ensure you have the support you need.

Take care, and I look forward to hearing from you soon.

Sincerely,
[Your Name]
[Your Title/Position]