**LETTER TO FAMILIES TEMPLATE:**

*[DATE]*

Dear Families,

Today, your child’s class participated in a Mental Health Awareness event sponsored by Each Mind Matters, California’s statewide mental health movement of individuals and organizations working together to improve mental health and equality. Each Mind Matters is funded through the voter-approved Mental Health Services Act (Prop. 63).

Kindergarten through fifth grade classes had the opportunity to read and discuss one of several age-appropriate book titles that help elementary students develop strategies, tools and skills for individual and community well-being, such as:

* resilience
* mindfulness
* positive self-talk
* self-esteem
* acceptance for oneself and others
* being a supportive friend
* knowing when and how to ask for help

Fourth and fifth grade classes may have opted to participate in a film viewing and discussion event instead, exploring nuanced questions about what mental health means and what support can look like for individuals experiencing mental health challenges.

You can learn more about mental health and Each Mind Matters from the enclosed brochure and by visiting www.eachmindmatters.org. If your family has questions or is in need of resources or support, please reach out to *[YOUR SCHOOL’S COUNSELOR OR OTHER MENTAL HEALTH PROVIDER]*.

Sincerely,

*[NAME OF PARTICIPATING TEACHER/SCHOOL]*