# Mental Wellness Email

**Send Date:** Monday, Dec 19

**Subject Line:** MIND Your Health

**Attachment**: [Mental Wellness Badge](https://givecfc.org/sites/cfc.org/files/22%20Toolkit%20Reference%20Files/cause_week_mental_wellness_badge_2022.png)

The CFC cause this week is **Mental Wellness**. Did you know that in 2020 there were an estimated 52.9 million adults in the United States dealing with mental illness? One of our CFC charities works in a specific segment of this group by providing care to active-duty military members, veterans, and their families. The stressors of military life can strongly influence psychological well-being. Traci, a veteran of Desert Storm, didn’t seek help when she felt a brokenness inside herself; but, two years ago, when she recognized her son struggling with similar issues, she knew how important it would be to seek help for him. Within 48 hours of contact, a CFC charity started the process of kick starting her son’s recovery. She was so appreciative to have this resource available when her family needed it.

**Do you want to help everyone live the healthiest possible life?** Here are some examples of what you can do through your CFC donation:

* Staff 24-hour hotlines to help troubled teens.
* Train counselors how to provide mental and emotional support for refugees.
* Reduce the stigma surrounding mental wellness and seeking help.

 **Here’s how you can help**:

1. [Donate to a CFC charity](https://cfcgiving.opm.gov/welcome) working in **Mental Wellness**.
2. [Learn more](https://givecfc.org/cause-week-mental-wellness), [watch videos](https://givecfc.org/virtual-videos?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=107&field_charitytype_target_id=All&field_cfczone_target_id=All), and [read stories](https://givecfc.org/charity-stories?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=107&field_charitytype_target_id=All) about **Mental Wellness**.
3. **Show your support**. If **Mental Wellness** is your cause, show your support by using the attached badge in your email signature or on social media.

Thank you for your continued support of the causes that matter to you and willingness to change the world through the CFC.