**Subject Line:** Thank You for Joining Us—Next Steps with Gateway to Hope University Mental Health Ministry

**Preheader:** Discover how Gateway to Hope University can support your mental health and well-being.

**Dear [Recipient's First Name],**

Thank you for attending our recent informational session on **Gateway to Hope University**, [Church Name]’s new mental health ministry. Your participation reflects your commitment to fostering healing, growth, and connection in our community, and we’re grateful to have you join us on this important journey.

### Key Highlights from the Session

We hope the session inspired and informed you about how Gateway to Hope University can make a difference. Here's a quick recap of what we covered:

* **Purpose:** A safe, compassionate space designed to support individuals and families facing mental health challenges or seeking preventive resources.
* **Services Offered:**
  + **Mental Health Coaching** – Trained Mental Health Coaches who offer faith-informed guidance for those navigating mental health distress.
  + **Transformed Support Groups** – Connect with others who share similar experiences in a confidential and uplifting space.
  + **Continued Support and Education** – Equip yourself with tools for resilience, topical educational training, ministry stress management, and emotional well-being.
  + **Ministry Care and Support** – Experience the power of evidence-based research coupled with spiritual accompaniment designed to meet the needs of your faith community.
* **Our Mission:** To break the stigma surrounding mental health and walk together in faith toward hope and healing.

### Your Next Steps

We invite you to take the next step, whether that means becoming a part of the intake team, a trained Mental Health Coach, or leading a Transformed group. Here's how you can get involved today:

* **Sign Up for Training:** Visit [**learn.gthu.org**](http://learn.gthu.org/) to learn more and register.

**\***General MHM volunteers please take the Empower Faith Communities training.

**\***Mental Health Coaches or Transformed leaders please take the Mental Health Coach training with the specialty of your choice.

* **Contact Us Directly:** If you have questions or need assistance, email us at **[email address]** or call **[phone number]**.
* **Stay Connected:** Follow us on [Social Media Platform] for updates, resources, and event announcements.

We believe in the strength of community, and we’re here to support you every step of the way.

### Together, We Can Make a Difference

Your presence in this ministry matters. Together, we can create pathways to healing and foster a community where mental health and spiritual well-being thrive.

Warm regards,

[Your Pastor’s or Team's Name]

[Church Name]

**Get Started Today ➔**

\*If you no longer wish to receive updates, please unsubscribe here.

[Church Name, Address, City, State, Zip Code]\*