

March 2, 2022

Shaun Lucas ([Slucas@millersville.edu](mailto:Slucas@millersville.edu))  
Editor-in-chief  
The Snapper

Dear Shaun Lucas,

As the infamous quote goes “As the going gets tough, the tough get going.” But at what point should the tough get help? College is tough and learning how to manage your life while in college is even tougher. So, what can the tough students at Millersville University do to get the help they need?

Millersville University offers a great amount of support for the mental health of their students. With up to four free counseling sessions a semester Millersville wants to help students the way they deserve to be helped. Mental Health America is a very great supplement to the counseling services that already exist on Millersville’s campus. From guest speakers to group discussions MHA is a place where a student can feel at home instead of being with a doctor face to face in a room. I believe that a story about Mental Health Associates here at Lancaster County would benefit not only the students but the staff as well.

I believe students and staff who read the snapper would appreciate the story on how they can get help for their mental health issues. Life isn’t easy and organizations like these are what make life a tad simpler.

I have set up some FAQs about the Mental Health Associates here in Lancaster County. I also have dates of events that are being hosted at the MHA this month and the months coming up. I would like to hear from you by March 31st so that we can include a story for the upcoming events in April 2022!

Please let me know how I can help. My phone number is 717-419-2415.

I hope to hear back from you soon, thank you so much for your time!

-Angel Peña Pabon

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### **Strategy Sheet**

- The subject is why The Snapper should write a story on their newspaper about Mental Health America.
- The Format: Pitch letter email
- Objective: Explain how Mental Health America correlates with mental health programs offered on Millersville's campus.
- Intended Audience: Shawn Lucas the editor-in-chief of The Snapper.
- Key Ideas: How MHA correlates with programs already established at Millersville.
- Length 332 words
- Sources: <https://www.mhalancaster.org/n>  
<https://www.millersville.edu/counsel/services.php>