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Sent: Monday, July 20, 2026 8:03 PM
To: City Council <citycouncil@cityofsebastopol.gov>
Subject: Youth mental health resource for Bay Area schools

Hi Sebastopol Council,

I hope you're doing well and having a great summer!. My name is Isabella, and I'm a high school student from the Bay Area and the founder of Mind Matters Global (MMG), a youth-led initiative focused on making mental health education more accessible for young people.

I'm reaching out because Sebastopol plays an important role in supporting young people and community well-being across the Bay Area.

Over the past year, I've worked alongside licensed mental health professionals, school counselors, and mentors to develop a free Youth Mental Health Toolkit and an accompanying mental health screening resource. These resources are designed to help students better understand mental health, recognize when they may need support, and connect them with trusted information and resources.

I'm reaching out to see if the City of Sebastopol would be interested in supporting MMG in one or both of the following ways:

- Providing a letter of support for MMG and its mission to expand youth mental health education
- Helping share these free resources with local students and families through city programs, Youth Commissions, libraries, Parks & Recreation, community newsletters, school district partnerships, or other community initiatives.

Witnessing firsthand what high pressure environments like the Bay Area can do to Mental health, My goal is simply to make reliable mental health education and resources available to as many young people as possible.

If this is something your city may be interested in, I would love the opportunity to schedule a brief call, demonstrate the toolkit and screening resource, and/or discuss whether there are opportunities to collaborate!

Thank you for your time and for everything you do to support the young people and families in Sonoma. I truly appreciate your consideration and would be happy to send the toolkit, website, and any additional information that would be helpful.

Warmly,
Isabella