

Letter of Recommendation for Mental Health Services

Date: _____

To Whom It May Concern,

I am writing to recommend [Client's Name] for mental health services. As [his/her/their] [relationship to the client, e.g., therapist, teacher], I have had the opportunity to observe [his/her/their] challenges and growth over the past [duration].

[Client's Name] has demonstrated a willingness to engage in the therapeutic process and is open to exploring [his/her/their] thoughts and feelings. [He/She/They] has faced [brief description of the challenges, e.g., anxiety, depression, trauma], and despite these challenges, [he/she/they] has shown resilience and a desire for self-improvement.

I believe that the additional support from your mental health services would be invaluable for [Client's Name]. [He/She/They] would greatly benefit from [specific types of therapy or services] to help [him/her/them] move forward and achieve personal growth.

Please feel free to contact me at [Your Phone Number] or [Your Email Address] if you have any questions or require further information.

Sincerely,

[Your Name]

[Your Title]

[Your Organization]