

# Letter of Appeal for Mental Health Assistance

Date: [Insert Date]

To: [Recipient's Name]

[Recipient's Title]

[School/Organization Name]

[School/Organization Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to formally appeal for support in meeting my mental health needs as a student at [School/Organization Name]. Due to [briefly explain your situation, e.g., recent events, diagnosis, etc.], I have been facing challenges that significantly impact my academic performance and overall well-being.

Despite my efforts to cope, I find it increasingly difficult to manage my responsibilities. I believe that with appropriate mental health assistance, I can regain my footing and continue to thrive academically and socially.

Therefore, I kindly request the following support: [list specific requests, e.g., counseling services, academic accommodations, etc.]. I am confident that these resources will be instrumental in helping me achieve my educational goals.

Thank you for considering my appeal. I would appreciate the opportunity to discuss this matter further and explore possible solutions together.

Sincerely,

[Your Name]

[Your Contact Information]

[Your Student ID (if applicable)]