

# Request for Student Mental Health Support Services

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Recipient's Name]

[Recipient's Position]

[School/University Name]

[School/University Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally request mental health support services for myself as a student at [School/University Name]. I have been experiencing [briefly describe your situation or challenges], and I believe that accessing mental health resources would greatly benefit my overall well-being and academic performance.

I would appreciate your guidance on the available services, including counseling sessions, support groups, and any other resources that may assist me during this time.

Thank you for your attention to this matter. I look forward to your prompt response.

Sincerely,

[Your Name]