

Mental Health Referral for Stress Management Therapy

Date: [Insert Date]

To: [Therapist's Name]

Practice Name: [Therapist's Practice]

Address: [Therapist's Address]

Dear [Therapist's Name],

I am writing to refer my patient, [Patient's Name], for stress management therapy. [Patient's Name] has been experiencing significant stress related to [briefly describe the situation, e.g., work, personal life], which has impacted their overall well-being.

During our sessions, [Patient's Name] has expressed feelings of [insert symptoms, e.g., anxiety, overwhelming pressure, difficulty concentrating], and I believe they would greatly benefit from your expertise in managing stress.

Enclosed are relevant clinical notes that may assist you in the assessment and treatment process. If you require any additional information or have any questions regarding this referral, please do not hesitate to contact me.

Thank you for your attention to this matter. I look forward to your insights and collaboration in supporting [Patient's Name] on their journey to improved mental health.

Sincerely,

[Your Name]

[Your Title]

[Your Practice Name]

[Your Contact Information]