

Mental Health Referral Letter

Date: [Insert Date]

To Whom It May Concern,

I am writing to refer my patient, [Patient's Name], for trauma-focused therapy. [Patient's Name] has been experiencing significant distress following [brief description of the trauma, e.g., a car accident, loss of a loved one, etc.], which has adversely affected their daily functioning and mental well-being.

After conducting a thorough assessment, I believe that trauma-focused therapy would be beneficial in addressing [his/her/their] symptoms, including [list specific symptoms, e.g., anxiety, depression, intrusive thoughts, etc.]. I recommend focusing on evidence-based interventions, such as EMDR or cognitive-behavioral therapy specifically designed for trauma recovery.

Please feel free to contact me at [Your Phone Number] or [Your Email Address] should you need any further information regarding [Patient's Name]'s treatment history or specific concerns.

Thank you for your attention to this matter.

Sincerely,

[Your Name]

[Your Title]

[Your Organization]

[Your Contact Information]