

Letter Template: Mental Health Considerations Before Marriage

Date: [Insert Date]

To: [Partner's Name]

Dear [Partner's Name],

As we approach our wedding day, I believe it is important for us to discuss our mental health and how it can impact our relationship. I want to ensure that we enter this new chapter of our lives with a clear understanding and strong foundation.

1. Open Communication

We should establish a safe space where we can share our feelings and concerns without judgment.

2. Understanding Personal Backgrounds

It may be helpful to discuss our individual experiences with mental health, including any challenges we've faced and how we cope with stress.

3. Support Systems

Identifying the support systems we both have in place can help us navigate difficult times together.

4. Professional Help

Considering therapy or counseling can provide us with tools to manage our mental health effectively as a couple.

I care deeply about our relationship and am committed to prioritizing our mental wellness as we build our future together.

Looking forward to our discussion.

Warm regards,

[Your Name]