

Follow-Up Appointment Request

Dear [Therapist's Name],

I hope this message finds you well. I am writing to request a follow-up appointment regarding my mental health support. I believe that discussing my progress and any ongoing challenges would be beneficial.

Could you please let me know your availability for the upcoming weeks? I am eager to continue our sessions and enhance my well-being.

Thank you for your attention. I look forward to hearing from you soon.

Sincerely,
[Your Name]
[Your Contact Information]