

# Mental Health Appointment Follow-Up

Date: [Insert Date]

Dear [Patient's Name],

Thank you for attending your recent appointment for Cognitive Behavioral Therapy (CBT) on [Insert Appointment Date]. This follow-up is to discuss your progress and any further steps needed.

## Session Update

During our last session, we focused on [insert key points/techniques discussed]. You mentioned that you have been feeling [insert patient's feelings or experiences].

## Progress

It's great to see that you have been [insert any positive progress or changes]. Remember to continue practicing [insert any homework or exercises assigned].

## Next Steps

For our next session on [Insert Date], we will [insert what will be addressed in the next session]. Please feel free to bring any questions or concerns you would like to discuss.

## Additional Resources

If you need further support before our next appointment, consider [insert any resources or exercises].

Thank you for your commitment to your mental health. Looking forward to seeing you at our next appointment.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]