

Follow-Up Appointment Confirmation

Date: [Insert Date]

Dear [Patient's Name],

We hope this message finds you well. This letter serves as a follow-up regarding your recent mental health appointment on [Insert Appointment Date].

During our session, we discussed your current treatment plan and identified areas that may require adjustment. Based on our conversation and your feedback, we recommend the following changes:

- Adjustment to medication dosage: [Insert Details]
- Increase in therapy sessions from [Insert Frequency] to [Insert Frequency]
- Introduction of new coping strategies: [Insert Details]

Please confirm your availability for a follow-up appointment to discuss these adjustments and any further concerns you may have. We suggest scheduling it for [Insert Suggested Date and Time].

Thank you for your commitment to your mental health. We look forward to continuing this journey with you.

Sincerely,

[Your Name]

[Your Title]

[Organization Name]

[Contact Information]