

Follow-Up on Your Mental Health Appointment

Date: [Insert Date]

Dear [Patient's Name],

Thank you for attending your recent mental health appointment on [insert date of appointment]. We appreciate your commitment to your wellness and would like to follow up regarding your wellness plan evaluation.

During your appointment, we discussed your current mental health status, and we have crafted a tailored wellness plan to support your journey. Here are the key points we covered:

- Current progress and challenges
- Goals for the next month
- Resources and coping strategies

Please take some time to reflect on our discussions and how you feel about your current plan. We would like to schedule a follow-up appointment to evaluate the effectiveness of the wellness plan and make any necessary adjustments.

Please let us know your availability for a follow-up appointment within the next two weeks. Your mental health is our priority, and we are here to support you every step of the way.

Best regards,

[Your Name]

[Your Title]

[Your Contact Information]