

Follow-Up on Your Mental Health Wellness

Dear [Client's Name],

I hope this message finds you well. I wanted to take a moment to follow up on our last session and check in on your progress regarding your mental health and wellness.

During our last meeting, we discussed [specific topics or goals]. How have you been feeling since then? Have you had a chance to implement the strategies we outlined?

It's important to remember that progress can take time, and it's okay to have ups and downs along the way. I am here to support you in any way I can.

If you have any questions or concerns, or if you would like to schedule our next session, please don't hesitate to reach out.

Take care of yourself,

[Your Name]

[Your Title/Position]

[Contact Information]