

Mental Health Wellness Request

Date: [Insert Date]

[Service User's Name]

[Service User's Address]

[City, State, Zip Code]

Dear [Service Provider's Name],

I hope this letter finds you well. I am writing to formally request support and resources aimed at enhancing my mental health and overall wellness. Given the challenges I have been facing recently, I believe that accessing appropriate services could significantly improve my situation.

Specifically, I am seeking assistance with:

- [Type of service needed, e.g., counseling, therapy, support groups]
- [Additional needs, e.g., workshops, educational resources]

I am committed to taking the necessary steps towards improving my mental health and would appreciate any guidance you can provide regarding available services and programs.

Thank you for your attention to this matter. I look forward to your prompt response.

Sincerely,

[Service User's Signature]

[Service User's Name]

[Contact Information]