

Dear Professor [Last Name],

I hope this message finds you well. I am writing to inform you that I was unable to attend class on [Date(s)] due to mental health reasons. I believe it is important to address and prioritize mental health, and I felt it was necessary to take this time for my well-being.

During my absence, I have made sure to stay updated with the class materials and assignments. I would greatly appreciate your understanding and any guidance on how I can best catch up on what I missed. If possible, I would also like to schedule a time to discuss any important topics that I should focus on moving forward.

Thank you for your understanding.

Sincerely,
[Your Name]
[Your Student ID]
[Your Course Name/Code]