

Dear [Instructor's Name],

I hope this message finds you well. I am writing to formally request an extension for my assignment due on [insert due date] for the course [insert course name]. Due to mental health considerations, I have been facing challenges that have hindered my ability to complete the assignment on time.

I value the learning process and am committed to maintaining my academic performance. Therefore, I would greatly appreciate your understanding in granting me an extension until [insert requested new due date]. This additional time would allow me to ensure that I can submit work that reflects my true capabilities.

Thank you for considering my request. I look forward to your understanding and support.

Sincerely,

[Your Name]

[Your Student ID]

[Your Contact Information]