

Follow-Up Letter

Date: [Insert Date]

To: [Counselor's Name]

[Counselor's Address]

[City, State, ZIP]

Dear [Counselor's Name],

I hope this message finds you well. I wanted to follow up on our recent counseling sessions regarding my bipolar disorder management.

Since our last meeting on [insert date], I have noticed [briefly describe any changes, improvements, or challenges]. I am particularly interested in discussing these aspects during our next session to better understand how to effectively manage my symptoms.

Additionally, I would appreciate any resources or coping strategies you could share to help me navigate these experiences.

Thank you for your ongoing support and guidance. I look forward to our next appointment on [insert date].

Best regards,

[Your Name]

[Your Contact Information]