

# Letter of Support for Counseling Sessions

Date: [Insert Date]

To Whom It May Concern,

I am writing to express my support for [Client's Name] as they seek counseling for bipolar disorder. I believe that engaging in therapy is essential for their mental wellbeing and overall quality of life.

[Client's Name] has demonstrated a commitment to managing their condition and has taken proactive steps towards recovery. I fully support their decision to participate in counseling sessions, which I believe will provide them with the tools and strategies necessary to cope with the challenges of bipolar disorder.

Thank you for your consideration of this matter. Please feel free to contact me should you require any further information.

Sincerely,

[Your Name]

[Your Title/Relationship to Client]

[Your Contact Information]