

Request for Mental Health Therapy Recommendation

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Recipient's Name]

[Recipient's Title]

[Recipient's Organization]

[Organization's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to request a recommendation for mental health therapy. I have been experiencing [briefly describe your situation or feelings], and I believe that seeking professional help would be beneficial for my mental well-being.

If you could provide me with recommendations for therapists or mental health professionals who specialize in [specific area, if applicable], I would greatly appreciate it. Your guidance is incredibly important to me as I navigate this process.

Thank you for your time and support. I look forward to hearing from you soon.

Sincerely,

[Your Name]