

# Resignation Letter

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Manager's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Manager's Name],

I am writing to formally resign from my position at [Company's Name], effective [Last Working Day, typically two weeks from the date above].

This decision comes after careful consideration of my mental health and well-being. I believe that taking this step is necessary for my personal growth and recovery.

I am grateful for the opportunities I have been given during my time at [Company's Name] and appreciate your support and understanding in this matter.

Thank you for everything. I hope to keep in touch in the future.

Sincerely,

[Your Name]