

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt gratitude for the invaluable guidance and support you provided during my recent journey towards better mental health.

Your expertise and compassionate approach made a significant difference in my understanding and management of my mental health challenges. Your willingness to listen and provide constructive feedback has been truly uplifting.

Thank you once again for your kindness and for empowering me to take steps towards healing and self-awareness. I am incredibly grateful for the impact you have had on my life.

Warm regards,
[Your Name]