

Request for Referral for Mental Health Services

Date: [Insert Date]

To: [Recipient's Name]

[Recipient's Title]

[Organization's Name]

[Organization's Address]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to formally request a referral for mental health services to assist with stress management. Due to [briefly explain circumstances, e.g., recent life events, work-related stress], I have been experiencing increased levels of stress that have begun to affect my daily functioning and overall well-being.

I believe that professional support from a licensed mental health provider would be beneficial in managing these challenges effectively. If you could recommend a qualified professional or provide a referral, I would deeply appreciate it.

Thank you for considering my request. Please let me know if you need any additional information or if there are specific procedures I should follow for this referral.

Sincerely,

[Your Name]

[Your Contact Information]