

[Your Name]

[Your Title/Position]

[Your Organization]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Recipient's Name]

[Recipient's Title/Position]

[Recipient's Organization]

[Recipient's Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to recommend [Participant's Name] for participation in the upcoming mental health workshops. Having worked with [him/her/them] for [length of time] at [Your Organization], I have had the opportunity to witness [his/her/their] dedication to personal growth and mental well-being.

[Participant's Name] has consistently demonstrated a strong commitment to mental health awareness and has shown remarkable resilience in overcoming personal challenges. I believe that attending this workshop will greatly benefit [him/her/them] by equipping [him/her/them] with valuable skills and resources to enhance [his/her/their] mental health journey.

Furthermore, [Participant's Name] is a supportive and empathetic individual who actively contributes to creating a positive environment for others. [His/Her/Their] participation in these workshops will not only help [him/her/them] but also inspire fellow participants to embrace their mental health journeys.

I highly recommend [Participant's Name] for your mental health workshops without reservation. Please feel free to contact me at [Your Phone Number] or [Your Email Address] if you require any further information.

Thank you for considering this recommendation.

Sincerely,

[Your Name]

[Your Title/Position]

[Your Organization]