

# Request for Mental Health Support Services

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Your Email Address]

[Your Phone Number]

[Recipient Name]

[Recipient Title]

[Organization Name]

[Organization Address]

[City, State, Zip Code]

Dear [Recipient Name],

I hope this letter finds you well. I am writing to formally request assistance and access to mental health support services. Due to [briefly explain your situation or need for support], I believe that engaging in professional mental health services will greatly benefit my well-being.

I would appreciate it if you could provide me with information regarding the available services, including assessments, counseling, and any group therapies that may be offered. Additionally, please let me know about the process to access these services, including any necessary forms or appointments.

Thank you for considering my request. I look forward to your prompt response.

Sincerely,

[Your Name]