

Request for Mental Health Day Off

Date: [Insert Date]

To: [Teacher's Name/School Administration]

From: [Your Name]

Grade: [Your Grade/Class]

Dear [Teacher's Name/School Administration],

I hope this message finds you well. I am writing to formally request a mental health day off from school on [Insert Date]. I believe that taking this time will allow me to focus on my well-being and recharge, enabling me to perform better academically and personally.

I understand the importance of attending classes and completing assignments, and I will ensure that I catch up on any missed work as soon as I return. I kindly ask for your understanding and support regarding this matter.

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

Sincerely,

[Your Name]

[Your Contact Information]