

# Resignation Letter Due to Mental Health Issues

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Manager's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Manager's Name],

I am writing to formally resign from my position at [Company's Name], effective [last working day, typically two weeks from the date above].

This decision has not been easy, but after careful consideration, I have decided to prioritize my mental health and well-being at this time. I believe that stepping away from my responsibilities will allow me to focus on my recovery and personal growth.

I am grateful for the support and opportunities I have received during my time here. I appreciate the understanding of my situation and will do everything I can to ensure a smooth transition.

Thank you for your understanding.

Sincerely,

[Your Name]