

Resignation Letter

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[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 comes after careful consideration regarding my mental health and well-being. Over the past few months, I have been working on my recovery and have come to realize that I need to prioritize my health to ensure a sustainable future. This was not an easy decision, as I deeply value the opportunities I have had and the relationships I have built during my time here.

I am grateful for the support and understanding from you and the team, and I hope to leave my responsibilities in a manner that reflects the professionalism and teamwork I have always experienced at [Company's Name].

Thank you once again for the opportunities for personal and professional development that you have provided me. I hope to stay in touch and wish all of you continued success.

Sincerely,

[Your Name]