

# Grievance Letter Regarding Mental Health Impact at Work

[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 express my concerns regarding my mental health and the impact it has had on my work environment at [Company's Name]. Over the past [duration], I have experienced significant stress and anxiety related to [specific issues or events].

These challenges have negatively affected my mental well-being, and I feel it is essential to bring them to your attention. Despite my efforts to manage these issues, the work environment has made it increasingly difficult for me to perform at my best.

I believe that addressing these concerns could lead to a more supportive work environment for all employees. I suggest we discuss potential solutions, such as [suggestions for improvement or accommodations], that could help alleviate some of the pressures contributing to these mental health challenges.

Thank you for taking the time to consider my concerns. I hope we can work together to find a resolution that benefits both my mental health and my productivity at work.

Sincerely,  
[Your Name]