

Follow-Up Letter for Mental Health Support

Date: [Insert Date]

To: [Recipient's Name]

[Recipient's Address]

Dear [Recipient's Name],

I hope this message finds you well. I wanted to take a moment to follow up regarding our previous discussions about mental health support options.

As we talked about, it's important to prioritize mental well-being, and I believe that exploring various support resources could be beneficial for you. If you have had any thoughts or concerns since our last conversation, I am here to listen and assist in any way I can.

Please let me know if you would like to set up a time to talk further about this, or if you have any questions about the resources we discussed.

Take care, and I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Contact Information]