

Request for Admission to Mental Wellness Sessions

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Your Email]

[Your Phone Number]

To whom it may concern,

I am writing to formally request admission to the mental wellness sessions offered at [Facility/Organization Name]. I am seeking these sessions as part of my commitment to improving my mental health and wellbeing.

Having faced [briefly describe relevant personal challenges], I believe that participating in these sessions will provide me with valuable tools and support. I am particularly interested in [mention any specific areas or topics you would like to focus on].

Please let me know the steps I need to take in order to be considered for admission. I am eager to begin this journey towards better mental wellness.

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

Sincerely,

[Your Name]