

Follow-Up on Mental Health Progress

Date: [Insert Date]

Dear [Client's Name],

I hope this message finds you well. I wanted to take a moment to follow up on our last session and to check in on your progress since we last spoke.

During our previous discussion, we focused on [briefly mention key topics discussed]. I hope you have found some of the strategies helpful. Please share any thoughts or experiences you would like to discuss further.

Additionally, I encourage you to reflect on any changes you've noticed in your feelings or behaviors over the past weeks. Your insights are invaluable in helping us navigate your mental health journey together.

If you have any concerns or if there's anything specific you would like to address in our next meeting, please let me know.

Looking forward to hearing from you.

Best regards,

[Your Name]

[Your Title/Position]

[Your Contact Information]