

Request for Mental Health Counseling

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 mental health counseling services. I have been experiencing [briefly describe your issues, e.g., anxiety, depression, etc.], and I believe that talking to a professional would help me manage my situation effectively.

I would appreciate any guidance on how to proceed with scheduling an appointment and what paperwork or insurance coverage I may need to consider.

Thank you for your attention to this matter. I look forward to your prompt response.

Sincerely,

[Your Name]