

# Request for Mental Health Support

Date: **[Insert Date]**

To: [Counselor/Administrator's Name]

[School Name]

[School Address]

Dear [Counselor/Administrator's Name],

I hope this message finds you well. My name is [Your Name], and I am a [Your Grade/Class] student at [School Name]. I am writing to formally request mental health support due to some challenges I have been experiencing.

Over the past [duration], I have been feeling [briefly describe feelings or experiences, e.g., overwhelmed, anxious, etc.]. These feelings have been affecting my [academic performance, social interactions, etc.], and I believe that speaking to a mental health professional may provide me with the support I need.

I would greatly appreciate it if you could guide me on the next steps to access the mental health resources available at our school. I am hopeful that with the right assistance, I can navigate these challenges more effectively.

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

Sincerely,

[Your Name]

[Your Contact Information]

[Your Student ID]