

# Letter of Justification for Study Deferment

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[University Name]

[Department Name]

[University Address]

[City, State, Zip Code]

Dear [Recipient's Name or Admissions Office],

I hope this message finds you well. I am writing to formally request a deferment of my studies for the [specific program name, e.g., Master's in Psychology] for the [specific academic year/semester]. Due to ongoing mental health challenges, I believe that stepping back from my studies for a period would be in my best interest for my overall well-being and academic success.

Over the past few months, I have been managing [briefly mention your mental health condition, if comfortable, e.g., anxiety, depression], which has significantly impacted my ability to engage fully with my academic responsibilities. After consulting with my healthcare provider, it has been strongly advised that I take time off to prioritize my mental health.

I am fully committed to my education and wish to return with renewed focus and energy. I anticipate that this deferment will allow me to better manage my condition and, as a result, enhance my academic performance once I resume my studies.

Please let me know if any further documentation or information is required to process my request. I appreciate your understanding and consideration of my situation.

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

Sincerely,

[Your Name]

[Your Student ID Number]