

# School Absence Explanation

Date: [Insert Date]

To Whom It May Concern,

I am writing to inform you that my child, [Child's Name], a [grade/class] student at [School Name], was unable to attend school on [Date of Absence] due to mental health reasons.

It is important for our family to prioritize mental well-being, and on this occasion, [Child's Name] needed a day to focus on their health and recovery.

Thank you for your understanding. If you have any further questions or require more information, please feel free to contact me at [Your Phone Number] or [Your Email].

Sincerely,

[Your Name]

[Your Address]