

Dear [Counselor's Name],

I hope this message finds you well. I am writing to express my heartfelt gratitude for the support and guidance you have provided me during this challenging time.

Your understanding and compassion have made a significant difference in my emotional wellbeing. Your ability to listen without judgment allowed me to share my feelings openly, and your insightful advice has helped me navigate through my struggles.

Thanks to your assistance, I feel more equipped to handle my emotions and challenges. I appreciate the time and effort you have dedicated to helping me grow and find my way.

Once again, thank you for everything you have done. I am truly grateful to have you as my school counselor.

Sincerely,
[Your Name]