

Resignation Letter

Date: [Insert Date]

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Employer's Name]

[Company's Name]

[Company's Address]

[City, State, Zip Code]

Dear [Employer's Name],

I am writing to formally resign from my position at [Company's Name], effective immediately. This decision has not come lightly, but after careful consideration, I have determined that I need to prioritize my mental health and well-being.

I appreciate the opportunities I have had during my time at [Company's Name] and the support from my colleagues. I hope to maintain positive relationships moving forward.

Thank you for your understanding.

Sincerely,

[Your Name]