

**Dear [Client's Name],**

I hope this message finds you well. As part of our ongoing commitment to your mental wellness, I wanted to take a moment to check in with you.

How have you been feeling recently? Are there any specific challenges or achievements you would like to share? Your thoughts and experiences are important to our progress together.

If there are any areas where you feel you need additional support, please let me know. Remember, it's okay to ask for help whenever you need it.

I look forward to hearing from you soon.

Warm regards,

[Your Name]

[Your Title / Credentials]

[Your Contact Information]