

Mental Wellness Check-in

Date: [Insert Date]

To: [Patient's Name]

From: [Your Name], [Your Title]

Dear [Patient'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 lately? Are there any concerns or challenges you would like to discuss? Your mental health is important, and I am here to support you.

If you feel like scheduling a time to talk, please let me know. I am available for appointments and would be glad to assist you in any way I can.

Take care of yourself, and I look forward to hearing from you soon.

Sincerely,
[Your Name]
[Your Title]
[Your Contact Information]