

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Therapist's Practice Name]
[Practice Address]
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my interest in seeking therapy for [specific issue or concern]. I believe that having professional guidance could greatly assist me in navigating [brief description of the circumstances].

I would appreciate the opportunity to discuss my situation further and explore the possibility of scheduling an appointment. Please let me know your availability for an initial consultation.

Thank you for your time and consideration. I look forward to your response.

Sincerely,
[Your Name]