

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

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

Dear [Therapist's Name],

I hope this letter finds you well. I am writing to seek support services that might be beneficial for my current situation.

[Briefly describe your situation, including any specific challenges or concerns you have in mind.]

I believe that your expertise could provide valuable guidance and coping strategies. I am particularly interested in [mention any specific services or areas you would like to focus on, e.g., individual therapy, group sessions, workshops].

Please let me know your availability for an initial consultation and any necessary steps I should take to begin this process.

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

Sincerely,
[Your Name]