

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

[Recipient's Name]  
[Recipient's Title]  
[Organization/Company Name]  
[Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally address health issues related to Post-Traumatic Stress Disorder (PTSD) that I have been experiencing.

[Introduce your situation, background, and the context of your PTSD.]

Given the circumstances, I am seeking support and resources that may be available through [mention any relevant organization or program].

Specifically, I would like to know [state any specific requests or questions you have].

Thank you for your attention to this matter, and I look forward to your response.

Sincerely,

[Your Signature (if sending a hard copy)]

[Your Printed Name]