

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient's Name]  
[Recipient's Title]  
[Institution/Organization Name]  
[Address]  
[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to formally request an Emotional Support Animal (ESA) letter for my mental health condition. I am a patient under your care and have been diagnosed with [specific mental health condition(s)], which significantly impacts my daily life and overall well-being.

As part of my treatment plan, I believe that having an emotional support animal would provide me with the companionship and emotional stability necessary to manage my symptoms effectively. Research indicates that emotional support animals can help alleviate anxiety, reduce feelings of loneliness, and improve overall mental health, all of which I am experiencing.

[Here you may want to include any specific information about your condition and how an ESA will help you cope. Provide relevant examples if necessary.]

Based on my progress and current treatment, I kindly request that you provide me with an official ESA letter. This letter will serve as documentation for my need for an emotional support animal and should include the following elements:

1. Confirmation of my mental health diagnosis.
2. A statement that states that I am under your care and receiving treatment.
3. A recommendation that an emotional support animal is a necessary part of my treatment plan.

Please feel free to reach out to me if you need any further information or clarification regarding my request. Thank you for your understanding and support in this matter.

Sincerely,

[Your Signature (if sending a hard copy)]  
[Your Printed Name]  
[Your Date of Birth]  
[Your Patient ID (if applicable)]