

Resignation Letter Sample with Immediate Effect Due to Mental Health Concerns

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

[Manager's Name]
[Company Name]
[Company Address]
[City, State, ZIP Code]

Dear [Manager's Name],

I am writing to formally resign from my position at [Company Name], effective immediately. This decision has not been easy and comes after careful consideration of my current health and well-being.

Due to pressing mental health concerns, I have determined that I am unable to continue fulfilling my responsibilities at this time. After thoughtful reflection, I believe prioritizing my well-being is necessary and in the best interest of both myself and the company.

I am sincerely grateful for the opportunities and support I have received during my time at [Company Name]. I have truly valued my experience working with you and the team.

I apologize for any inconvenience my immediate departure may cause and am happy to assist with the transition in any way I can during this short notice.

Thank you for your understanding and support during this challenging time.

Sincerely,
[Your Name]