

# Quitting Job for Depression and Anxiety Relief Letter Template

A **quitting job for depression and anxiety relief letter** is a formal document written by an employee to notify their employer of their decision to resign due to mental health challenges. This letter typically explains the impact of depression and anxiety on the employee's well-being and work performance, emphasizing the need for relief and recovery. The purpose of the letter is to communicate the resignation respectfully while highlighting the importance of prioritizing mental health and seeking appropriate treatment or time off. It serves as a professional and compassionate way to conclude employment under difficult personal circumstances.

## Sample Letter Template

[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 as [Your Position] at [Company Name], effective [last working day, typically two weeks from the date above].

This decision has not been easy, but after careful consideration, I have chosen to step down in order to focus on my mental health. I have been experiencing significant challenges with depression and anxiety that have impacted my well-being and ability to perform my duties effectively. Placing my health and recovery as a priority is essential at this time.

I appreciate the support and opportunities I have received during my tenure here, and I am grateful for the understanding during this difficult period. I will do my best to facilitate a smooth transition and complete any outstanding tasks before my departure.

Thank you for your support and understanding.

Sincerely,  
[Your Name]