

# Sample Resignation Letter for Mental Health Deterioration

[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 [last working day, typically two weeks from the date above].

This decision was not easy, as I have greatly valued my time with the company and the opportunities I have had to develop professionally and personally. However, after careful consideration, I have determined that it is necessary for me to prioritize my mental health and well-being at this time.

Over the past months, I have experienced worsening mental health challenges that have made it increasingly difficult for me to perform at my best. Despite my efforts to manage these issues, I have come to realize that stepping away from my role is essential for my recovery and long-term health.

I am deeply grateful for your support, understanding, and the opportunities I have been given during my employment at [Company Name]. I appreciate the trust and confidence you have placed in me, and I am thankful for the experiences and skills I have gained here.

Please let me know how I can assist during the transition to ensure a smooth handover of my responsibilities. I hope to remain in touch, and I am optimistic that focusing on my health now will allow me to return to a productive and fulfilling career in the future.

Thank you for your understanding and support.

Sincerely,  
[Your Name]