[Your Name]
[Your Student ID]
[Course Name and Code]
[Instructor's Name]
[Date]

Dear [Instructor's Name],

I hope this message finds you well. I am writing to sincerely apologize for the late submission of my assignment for [Assignment Name or Number], which was due on [Due Date]. Unfortunately, I was unable to submit the assignment on time due to ongoing mental health challenges that have significantly impacted my ability to focus and complete my academic responsibilities as expected.

I want to assure you that meeting deadlines and maintaining the integrity of my work are very important to me. However, over the past [period of time, e.g., few weeks], I have been experiencing heightened stress and anxiety, which made it difficult for me to work effectively. I recognize that it is my responsibility to inform you of any difficulties I am facing, and I regret not reaching out sooner to request support or an extension.

I fully understand the importance of adhering to deadlines and the impact my delay may have had. I am taking proactive steps to manage my mental health and am committed to improving my punctuality moving forward. I have also sought appropriate support through [university counseling services/other resources, if applicable] to ensure that I am better equipped to handle academic challenges in the future.

I kindly ask for your understanding and compassion regarding this situation. If possible, I would greatly appreciate the opportunity to submit my completed assignment for partial credit or to discuss any other solutions you may consider appropriate.

Thank you for your time and consideration. I value your support and guidance, and I am dedicated to maintaining academic integrity as I continue my studies.

Sincerely,
[Your Name]