

# Immediate Resignation Letter for Mental Health Crisis

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

[Recipient's Name]  
[Recipient's Title/Position]  
[Company Name]  
[Company Address]  
[City, State, ZIP Code]

Dear [Recipient's Name],

I am writing to formally inform you of my resignation from my position as [Your Position] at [Company Name], effective immediately.

This decision comes as a result of a serious and urgent mental health crisis I am currently facing. After considerable reflection, I have realized that I must prioritize my personal well-being and take immediate action to focus on my recovery. At this time, I am unable to fulfill my work responsibilities to the standard required, and stepping away is necessary for my health.

I deeply regret any inconvenience this may cause and appreciate your understanding during this challenging period. I want to thank you and the entire team at [Company Name] for the opportunities, support, and experiences I have gained during my tenure here.

I am committed to assisting with the transition in whatever way possible given my current circumstances. Please let me know if there are any immediate steps I should take to ensure a smooth handover.

Thank you again for your understanding and support. I hope to remain in touch and wish the company continued success in the future.

Sincerely,  
[Your Name]