

[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]** with immediate effect.

This decision results from persistent **workplace harassment** and ongoing hostile, unprofessional behavior that I have experienced during my tenure. Despite my efforts to address these issues constructively, the work environment has become intolerable and sustained exposure has negatively impacted both my well-being and professional productivity.

As my mental health and personal safety are my utmost priority, I feel that immediate resignation is the only viable course of action. I respectfully request your understanding of the seriousness and urgency of these circumstances.

It is regrettable that I must leave without the customary notice period. I trust the company will take the necessary steps to address the underlying issues for a safer and more respectful workplace for all employees.

Please consider this letter as the formal notice of the termination of my employment with immediate effect. I am available to assist with a brief transition of my responsibilities where possible.

Thank you for your attention to this matter.

Sincerely,  
[Your Name]