

# Resignation Letter with Short Notice for Mental Health Concerns

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

[Recipient Name]  
[Company Name]  
[Company Address]  
[City, State, ZIP Code]

Dear [Recipient Name],

I am writing to formally resign from my position as [Your Position] at [Company Name], effective [Last Working Day, e.g., immediately/in two days]. This decision comes after careful consideration of my current mental health, which requires immediate attention and focus for my well-being and recovery.

I deeply appreciate the opportunities and support that [Company Name] has provided me during my time here. It has been a privilege to be part of the team and contribute to the company's goals.

I regret the necessity for such short notice and apologize for any inconvenience my departure may cause. I hope you understand that this decision is based on the need to prioritize my health at this time.

I am committed to ensuring a smooth transition and will do my utmost to complete any outstanding tasks and assist with the handover process during my remaining time.

Thank you for your understanding and for everything I have gained during my employment with [Company Name]. I hope to stay in touch in the future.

Sincerely,  
[Your Name]