

Resignation Letter Due to Mental Health Challenges

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[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 has not been an easy decision to make, but after thoughtful consideration, I have realized that I must step down to prioritize my mental health and well-being.

I want to express my sincere gratitude for the support, guidance, and opportunities I have received during my time with [Company Name]. I value the experiences I have gained and appreciate being part of such a dedicated team.

Please know that this decision is solely a reflection of my personal need to focus on recovery and self-care at this time. I am committed to ensuring a smooth transition; I am happy to assist in training a replacement or handing over my responsibilities as needed.

Thank you again for your understanding and support. I hope to maintain positive connections in the future, and I wish the company continued success.

Sincerely,
[Your Name]