

# Heartfelt mental health support referral template

Subject: Mental Health Referral - [Patient Name]

Dear Mental Health Team,

I am referring [Patient Name] (DOB: [Date]) who would benefit greatly from your specialized mental health support.

[Patient Name] has been experiencing [symptoms/challenges] which are significantly impacting their daily life and wellbeing. They have shown tremendous courage in seeking help and are motivated to engage with appropriate services.

Current presentation includes [mood symptoms/anxiety/other concerns]. Risk assessment indicates [low/medium risk with safety planning in place]. Previous mental health history includes [relevant information].

The patient consents to this referral and understands the support available. They are particularly interested in [specific therapy type/support needed].

Thank you for your compassionate care.

Best regards,

Dr. [Your Name]

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