

## Mental Health Support Leave Message

Subject: Wellness Break Request for [Student's Name]

Dear [School Counselor/Principal],

I am requesting a brief leave of absence for [Student's Name] from [Date] to [Date] to address mental health and wellness needs.

[Student's Name] has been experiencing stress and would benefit from some time to recharge and work with healthcare professionals on coping strategies. We believe this proactive approach will ultimately support better academic performance and overall well-being.

We are working closely with [Student's Name]'s healthcare team and are committed to ensuring a smooth return to school. Please let us know how we can collaborate to support [Student's Name]'s success.

Thank you for your understanding and support of student wellness.

Warmly,

[Your Name]

[Date]

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