

Dear Dr. _____ [Name of the Doctor],

I am writing this letter to express my sincere thanks for being the human being that you are. You not only pulled me out of the pool of hopelessness and depression, but you also gave me hope. And hope is one of the most precious things that you can give to someone.

I am thankful to you also because of the fact that you helped me overcome my depression without the medications. I was particularly scared about them. I cherish the wisdom you shared with me during our sessions.

To spread the word about Mental Health, I have started talking to other people about it. As you always say, it is always better to seek help. I am now encouraging more and more people to do so.

As a token of gratitude, I am sending a small gift for your son/ daughter. My wife has personally selected it. Hope he/ she likes it.

Once again, thank you for all the kindness and co-operation.

Yours affectionately,

_____ [Your Name]