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[Date]

To Whom It May Concern:

[Name of patient] is my patient, and has been under my care since [date]. [Patient] meets the definition of disability under the Americans with Disabilities Act based on his/her current limitations in major life activities that are due to his/her mental impairments. I have direct knowledge of and am treating [patient's] disability.

Due to his/her disability, [patient] has limitations coping with [nature of disorder]. Based on professional literature and [patient's] report, an emotional support animal might greatly ameliorate the debilitating nature of his/her disability. I have therefore recommended an emotional support animal to assist [patient] in coping with his/her disability.

My recommendation is time-limited for the next six months ending [date] because I do not have experience yet to know if the emotional support animal will be helpful and because the formalization of recommending emotional support animals is relatively new in our field. I will continue to assess the need for an emotional support animal throughout treatment with [patient] by the method of systematically tracking specific instances of when and how the animal has been helpful. If, at the end of this six months period, I am convinced that the emotional support animal is helpful, I will write another letter to that effect.

I will be happy to answer any questions you have regarding this letter, provided a signed release of information.

Sincerely,

Jane Doe, LCSW
Clinical Therapist