

Sample Letter/Email

Dear clients ~

These are challenging times, and all of us are facing this new situation. Many - all of us! - are feeling more anxious than usual; some are more depressed than usual.

Many area therapists have opted to cease face-to-face work and use Telehealth exclusively. Along with a couple of other therapists in our offices at 762 East Argyle, I will continue to offer my space as a place of contact and refuge. Of course, if you would prefer to work by phone/FaceTime, I'm glad to meet with you that way.

If you are not feeling well, do let's work virtually ~ both so that you are not stretched and stressed by coming in, and to protect the health of others. But if you are feeling well, and would find comfort in the regular visit and a break from shelter-at-home, come on in!

(Visits to mental and behavioral health providers are exceptions to the 'stay at home' mandate.)

I look forward to seeing you.

Yours in peace ~

David