

Free ESA Letter Templates

Real templates for housing, a request you can bring to your own therapist, and a reasonable-accommodation letter for your landlord.

These are for reference. An ESA letter only carries weight for housing once a mental health professional licensed in your state evaluates you and signs it. Bracketed [fields] are completed by that provider or by you.

1. ESA housing letter (your provider writes this)

What a state-licensed mental health professional puts on their letterhead.

[Date]

To Whom It May Concern,

I am a licensed mental health professional [Provider name, credential - e.g., LCSW / LMFT / LPC], licensed to practice in the State of [State], license number [#####]. [Client name] is currently under my professional care.

[Client name] has a mental health condition that substantially limits one or more major life activities. As part of their treatment, it is my professional opinion that an emotional support animal is beneficial in helping to alleviate symptoms associated with their condition.

I am therefore requesting a reasonable accommodation under the Fair Housing Act so that [Client name] may keep their emotional support animal in their residence. I am not required to disclose the details of the diagnosis.

Please feel free to contact me directly with any questions.

Sincerely,

[Signature]

[Provider name, credential]

License # [#####], State of [State]

[Practice contact information]

2. Ask a therapist you already see

Send this to your current therapist, counselor, or doctor. Attach Template 1 as an example of the format.

Dear [Provider name],

I'm writing to ask whether you'd be willing to write an emotional support animal (ESA) letter for me for housing purposes.

An ESA letter is a short letter, on your letterhead, that states you are a licensed [profession] in [state] (with your license number), that I am under your care, that I have a condition that substantially limits a major life activity, and that an emotional support animal helps alleviate my symptoms - and that requests a reasonable accommodation under the Fair Housing Act.

You are not required to disclose my diagnosis. I've attached an example of the format for reference.

I'd be grateful if you would consider this. Please let me know if you'd like to discuss it at our next appointment.

Thank you,
[Your name]

3. Reasonable-accommodation request (you send this to your landlord)

The tenant's own request. Attach your provider's letter (Template 1).

Dear [Landlord / Property Manager],

I am a [tenant at / applicant for] [property address]. I have a disability, and as part of my treatment my licensed mental health professional has determined that an emotional support animal helps alleviate my symptoms.

Under the Fair Housing Act, I am requesting a reasonable accommodation to keep my emotional support animal in my home, including a waiver of any no-pet policy and any associated pet fees or deposits.

I have attached a letter from my licensed provider confirming this need. Please let me know if you need anything further to process this request.

Thank you for your time.

Sincerely,

[Your name]

[Date]

Is your ESA letter valid? A quick checklist

A housing provider is more likely to accept a letter that has all of these.

- Written by a mental health professional licensed in YOUR state
- On the provider's official letterhead
- The provider's license number and state of licensure
- A current date and the provider's signature
- A clear request for a reasonable accommodation under the Fair Housing Act
- It does not require you to reveal your specific diagnosis

No provider who will write one? A state-licensed mental health professional at esaregistration.org can evaluate you online and, if you qualify, provide a signed letter valid for housing - you don't pay if you're not approved.