

# Why is there a need for an ESA?

An emotional support animal letter is basically an officially issued document. It is approved and signed by a licensed mental health professional (LMHP). This letter allows an individual to keep an emotional support animal. [Can dogs eat pineapple](#) dogs love fruit, and pineapple is no exception? In fact, it is one of their favorite fruits!

This letter certifies that the person asking for this letter is in need of emotional help and an animal is necessary for all the required emotional support. The need for these animals is stated as part of the treatment. There are many people who experience some kind of severe or mild psychological or emotional difficulty in their life. In fact, according to the estimates and surveys, every 1 in 5 Americans may suffer from a mental illness.



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Most people with emotional disbalance do not like to be around people. In such conditions, people tend to seek help from Emotional support animals (ESA). Such animals give positive, happy, and supporting vibes to the ones in need. These animals have proved themselves to be the best companions of humans.

Moreover, ESA can help people to fight the symptoms of emotional and mental breakdowns. They can help to eliminate or avoid post-traumatic stress disorders (PTSD). These days many people who face mental

health issues demand to keep emotional support animals with them in their houses and need an [emotional support dog](#).

Most people request family doctors for an **emotional support dog letter**. According to the laws, it is not allowed for a general physician to issue such a letter. Only a licensed mental health professional can provide you with such a letter. It is necessary for the concerned professional to be a registered therapist, psychiatrist, physician, or mental health expert. He/she must be the one who is currently treating you for your condition.

Once your consultation is over and you have been approved for an ESA, you will receive your Doctor Letter. This letter will make you and your ESA eligible for Airline Travel and Housing immediately. Getting an animal for emotional support is still taboo for a large group of people. Those who have knowledge about ESA are unaware of the legal procedures. Though the procedure for getting one is not very complex.

The formal procedure of getting an ESA requires the person to be officially declared as the needy of emotional support. [Can dogs have pineapple](#) dogs love fruit, and pineapple is no exception? In fact, it is one of their favorite fruits!

Moreover, the physician or health professional must be the one dealing with the case and must write the letter by him/herself. The letter should include the diagnosis and valid reason that there is a need for an ESA for the patient.

The medical professional must be licensed and be allowed to work in the respective state or region. If a person is genuinely suffering from a condition in which ESA can help then getting one is not a problem. The person may ask the doctor for a prescription and probably the doctor will never hesitate if the case is authentic.

There is various more option which allows you to ask for an ESA prescription: Many people do not feel comfortable seeking help from a doctor one on one. For such people, there are online services that are providing the facility of getting the letter online.

This option may be risky since there are a lot of fake and scam websites on the web that only serve you till you make the down payment. One should be very careful while opting for this option. The main thing which will help you identify that the company issuing you the letter is fake is that they will not make you wait for the results of your information.

It will directly ask you for the payment and then straightaway proceed towards the issuance of the letter. Moreover, the letter will not have proper details and will look like an automatically generated letter. You will never be disappointed when eliciting desired reactions from these dogs. Spending time and playing with your [emotional support animal](#) can serve as an effective healing therapy for your disturbed mental health.

**Useful Resources:**

[Different Categories Of Dog Breeds - 2021](#)

[Mental Health Practitioners And Therapists](#)

[Breeds That Make The Best Emotional Support Dogs](#)

[ESA Letter Sample For Housing Purposes](#)

[Buy Or Get Free Emotional Support Animal Letter?](#)

[Surprising Tips to Keep Your ESA Dog Healthy and Active in Winter - Guide](#)