Date:

**Subject: Excuse letter for absenteeism**

Respected Sir/Madam,

I am (mention your name), studying in grade X, section C having roll number 2525. I have been absent from school for the last 5 days. I remained absent from school without sending any leave application.

I was going through extreme depression due to some personal family issues. I was not feeling like socializing with anyone and my self-esteem was also too low. In addition to it, I was getting anxiety attacks and my family took me to a psychiatrist who suggested I take a break from everything.

Therefore, please excuse me for remaining absent from school for 5 days. I know that it will impact my performance in studies badly. However, I am taking extra classes to catch up with the class. If you want to discuss things with me in person, please schedule a meeting with me. I am attaching my medical certificate with this letter as proof. I hope that you will cooperate with me.

Regards,

Name of the student

Signatures

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