**To Place:**  
The Manager, Date:  
Company Name,  
Address.

Sub: Resignation due to health issues.

Dear Sir/Madam,

With so much sadness, I am writing to inform you that I have been struggling with depression and anxiety, so I cannot able to continue my job with such a health problem.

Therefore I would like to resign from my position as a **[job title]** effective from **[date]**. I will be always grateful for taking me as a part of your team.

Please consider this as my one-month notice period. I hope you approve my resignation.

Thanking you.

Sincerely,  
Your name.