



Cowlitz County Health and Human Services

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Emotional Support Animal Letters

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Emotional Support Animal (ESA) letters are legal documents that distinguish an emotional support animal from a regular house pet. ESA letters are proof that a patient has an emotional and/or mental disability, and that the ESA is part of the treatment of that disability.

How Can I Get an ESA Letter in Washington State?

Only a state-licensed mental health professional (LMHP) can issue an ESA letter. Cowlitz County Health and Human Services (CCHHS) cannot provide ESA letters.

If you work with a mental health professional who is licensed in Washington state, they'll be able to write an ESA letter for you if you have a qualifying diagnosis. Once diagnosed, you will ask your mental health professional to write the letter and likely provide reasons why an ESA would be beneficial.

ESA Letter Resources

- [US Service Animals](https://usserviceanimals.org/blog/emotional-support-animal-laws-in-washington-state/)
(<https://usserviceanimals.org/blog/emotional-support-animal-laws-in-washington-state/>)
Contains information about Emotional Support Animal Laws in Washington State.
- [U.S. Department of Justice - ADA Requirements: Service Animals](https://www.ada.gov/resources/service-animals-2010-requirements/)
(<https://www.ada.gov/resources/service-animals-2010-requirements/>)
Federal guidance on the term "service animal" and the service animal provisions in federal regulations.
- [Emotional Pet Support](https://usserviceanimals.org/blog/emotional-support-animal-laws-in-washington-state/)
(<https://usserviceanimals.org/blog/emotional-support-animal-laws-in-washington-state/>)
Defining and regulating Emotional Support Animals.

Having a Mental Health Emergency?

Having a Mental Health Emergency?
If you are in crisis, please seek help immediately!

Columbia Wellness Crisis Services

- Call: 360-425-6064
- This service is available 24 hours a day, 7 days a week.

988 Suicide & Crisis Lifeline

- Text, call, or chat 988
- Chat online at 988lifeline.org

Call 911 or go to the nearest emergency room

Need Someone to Talk to?

If you need support, but not in crisis, consider reaching out to a warmline. Warmlines offer a place to call when you just need to talk to someone. Speaking to someone on these calls is typically free, confidential, and run by people who understand what it's like to struggle with mental health. Find a warmline at mhanational.org/warmlines

Additional Resources for Finding Behavioral Health Support

- [Washington Recovery Help Line](https://www.warecoveryhelpline.org/)
(<https://www.warecoveryhelpline.org/>)
Call: 1-866-789-1511 (24/7)
Resources for Substance Abuse, Problem Gambling, and Mental Health
- [Washington State Dept. of Health - Behavioral Health Agencies Directory](https://doh.wa.gov/sites/default/files/2022-02/606019-BHADirectory.pdf)
(<https://doh.wa.gov/sites/default/files/2022-02/606019-BHADirectory.pdf>)
List of providers by county for certified mental health, substance use disorder, and Problem & Pathological Gambling Services.
- [Substance Abuse and Mental Health Services Administration](https://findtreatment.gov/locator)
(<https://findtreatment.gov/locator>)
Confidential and anonymous resource for locating treatment facilities for mental and substance use disorders in the United States and its territories.
- [Washington State Psychiatric Association](https://www.wapsychiatry.org/looking-for-services)
(<https://www.wapsychiatry.org/looking-for-services>)
Online tool for locating mental health care providers.