

Sit. Fetch. Heal.

To the Editor:

“Beyond the Facade, Post-Traumatic Stress” (Patient Voices, Nov. 23) called attention to an important part of the healing process for mental health patients: emotional support animals.

At Community Access — a 36-year-old nonprofit group dedicated to restoring the lives of people recovering from mental illness, homelessness and institutional confinement — we operate a pet-adoption and pet-therapy program. What we have seen is nothing short of a transformation.

Often, having a pet gives people a reason to get out of bed; a relationship based on unconditional love; a way to meet friends; and new responsibilities that can help lead to recovery.

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