

Kinds of Disabilities Assisted by ESAs - 2022 Guide

Are you someone who adores animals? If yes, then you must know how much love and joy these furry pals bring to you. Let me clarify here! There is a difference between Service animals and Emotional support animals. Unlike service animals, [emotional support animal letter](#) aren't trained to perform specific tasks, thus they may not be allowed in public places like hotels, restaurants, stores, etc. However, before booking a hotel room, a table in a restaurant, confirm if they allow pets.



Emotional support animals (ESAs) provide love and comfort to their owners thus alleviating signs of any mental disability. You can choose dogs, cats or other animals to become your ESAs. It is up to you!

Plus, emotional support animals are allowed to fly or live with their owners. . . .

ESAs for Mental Disabilities

An emotional support animal can be a regular pet or a doctor prescribed animal. These animals make life better with their loving, unconditional support. They can calm you down, brighten your days, and help you emotionally. The use of these animals is assisted by some mental health professional or psychiatrist upon disability-related need. However, they do not carry the legal weight of a service animal, therefore, restaurants and hotels are not legally required to accommodate you and your animal.

However, in some cases, service animals also exist to aid those who have psychiatric disabilities. For example, there are service animals who assist those who have post-traumatic stress disorder by recognizing when an anxiety attack starts. An example of this is a psychiatric assistance dog (PAD).

Studies support the idea that ESAs provide comfort, support, and love to their owners. Imagine the relief a person suffering from mental challenges would get from these furry friends and their unconditional love.

If you are looking forward to obtaining benefits from an ESA, you need an ESA letter. This letter is issued by a licensed professional and states why you need an ESA. You can look for an emotional support animal letter sample online for a better understanding.

Kinds of Disabilities Supported by ESAs

Mostly, ESAs assist their owners with a range of emotional or mental challenges. Looking at the benefits ESA offers, doctors prescribe ESAs to patients suffering from:

Age-Related Cognitive Decline

Any Psychiatric Condition

Dyslexia

Emotionally Overwhelmed

Stress Problems

Anxiety

Separation Anxiety

Autism

Depression

Panic Attacks

Bipolar Disorder

Social Phobia

Attention Deficit Disorder (ADD or ADHD)

Post-Traumatic Stress Disorder (PTSD)

Have you noticed the rise in the use of [esa letter online](#)? This is because most of the people suffer from one or more of the above-listed disabilities. Doctors and therapists are also observing the benefits of ESAs.

How ESAs help in Mental Disabilities?

Want to know how an [ESA letter for housing](#) supports mental and emotional challenges? ESAs generally help a person in the following areas:

An improvement in their self-esteem

Patients feel more safe and comforted

Increased level of motivation

Reduce isolation and increases social interaction with others

Keeps the patient distracted from thoughts that bother them

Increase in being social

Improve the effectiveness of other therapies

An increased sense of purpose

Cats can sense emotional stress

Release calming hormones such as endorphins

Improves the emotional well-being of patients

Plays the role of a supporting friend or partner

A decline in the symptoms of the diagnosed illness

Thus, a range of mental and emotional disabilities are aided by [emotional support dog letter](#). They are popular for a reason, right?

Having a furry friend can be a source of great emotional and mental wellbeing of someone. This fact was not unknown to Sigmund Freud who always kept his pet in therapy sessions. Get an [ESA letter](#) and enhance your wellbeing. Good luck!

Useful Resources:

[How PTSD patients are getting benefits from ESAs? - 2022 Guide](#)

[4 pre-prerequisites for the qualification of keeping an ESA - 2022 Guide](#)

[Benefits For Keeping An Emotional Support Animal - 2022 Guide](#)

[Four pre-prerequisites for the qualification of keeping an ESA Dog - 2022 Guide](#)

For More Information:

<https://linktr.ee/realesaletter>