

Client ESA / PSD Letter Checklist

Your step-by-step guide to a legitimate letter

Getting a legitimate ESA or PSD letter is a straightforward process — but knowing what to expect and what to watch for makes it even easier. Use this checklist to prepare, evaluate your options, and confirm your documentation is fully compliant.

Before You Apply

- I have identified my main challenge (anxiety, depression, PTSD, panic, or another qualifying condition)
- I understand an ESA letter provides housing rights; a PSD letter also provides ADA public access and travel rights
- I've decided whether I need a Housing, Travel, Combo, or PSD letter
- I've budgeted realistically (\$99–\$150 range) — I know prices under \$50 are a scam red flag

During Your Evaluation

- My evaluator is a **licensed** mental health professional (LCSW, therapist, psychologist, or psychiatrist)
- My evaluator is licensed **in my state of residence**
- I had a real consultation — not an instant, no-questions-asked approval
- I answered honestly about my condition and how an animal helps me manage it

What Your Letter Must Include

- Professional's license number, license type, and state of issuance
- A statement confirming your qualifying condition
- A clinical statement that the animal is part of your treatment plan
- Date of issue, valid for 12 months, and the professional's signature
- Practice letterhead or verifiable contact information

After You Receive It

- I've saved a digital copy and printed a backup
- I've calendared a renewal reminder for 11 months from now

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- I know how to verify my own letter's license number if ever questioned
- I understand my rights if a landlord or airline pushes back (see our Landlord Guide)

■ Red Flags — Walk Away If You See These

- ✗ "Instant approval" with no real consultation
- ✗ "Lifetime" or "permanent" validity claims
- ✗ Any mention of an official "ESA registry" or "certification" — none exists in the U.S.
- ✗ Prices under \$50, or no verifiable license number provided

Need a letter today? ProESALetter connects you with licensed professionals in your state, with a 100% money-back guarantee. Visit proesaletter.com/basic-evaluation to get started.