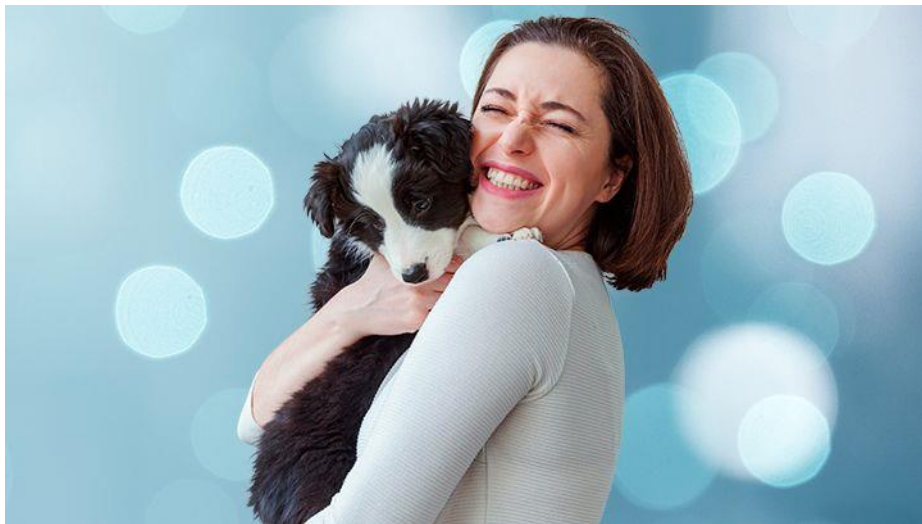


# Are there any Special Care needs for ESAs?

Due to the fast-paced nature of life, more and more people are developing mental health issues. In order to deal with these issues, people suffering from mental disorders require emotional support which can be provided by their friends and family and even animals. Emotional Support Animals (ESA) serve as an effective way to provide comfort to mentally-ill people. These adorable animals distract their owners in times of extreme stress and anxiety and also provide support to them. ESAs help their owners in managing their lives and offer them unconditional love and companionship. After a successful examination and evaluation of your condition by an LMHP, you can get your [emotional support animal letter](#).



Though ESAs provide you with the emotional support you need, they also require special care and attention. Being animals, ESAs can also sometimes, feel discomfort, so you must be mindful of their needs and requirements otherwise they would also feel distressed and may act out.

It has been proven that ESAs provide relief to people with depression and anxiety, and if you suffer from such conditions and want to acquire an [ESA Letter](#), you can go to a legitimate source online and check an **emotional support animal letter sample** to know what to expect.

Now, let's discuss how much attention you should give to your pet.

This depends on the type of ESA you have and the location and type of your residence. Many animals become ESA like cats, dogs, horses, and rabbits. You can choose a pet according to your living standards. If you live nearby a park, you can take a dog, and if you live in a small apartment then you have to take a cat or rabbit.

There are also some rules for having ESAs, people who need ESAs must have proper documentation or a written recommendation from an LMHP. ESAs are only handed to a person if they have fully verified documents, and according to the rules, the owner must take full responsibility for their pet. Laws such as Americans with Disability Act (ADA), the Fair Housing Act, and Air Carrier Access Act (ACAA) all include clauses concerning ESAs.

When you take an ESA animal to your home, you have to take care of their food and water along with proper timing. These pets are not trained for giving you all services, however, they can cheer you up in difficult times. They support you like a constant companion while on the other hand they also create messes by doing things that you don't like, such as scratching things, spreading food, and ruining carpets or rooms. In such situations, a person needs to handle their pet with patience.

For those who place their ESAs in a house, it is their responsibility to ensure their proper care. Sometimes, they show uncontrolled behavior like barking at other people, so in these circumstances, a person should know how to control his/her ESA. ESAs should be properly vaccinated after a few months. ESA owners should take care of their cleanliness and health as well.

Lastly, having a pet is a huge responsibility that should be handled diligently. In some situations, it can become hard to take care of your pet but we must always try. And remember not to treat them harshly or hurt them physically because these animals are living beings and can also feel pain. They give us a purpose to live again. They are helpful to overcome our depression and anger. So, in the same way, they need special care, and attention. ESAs are so adorable to handle and that's why they heal your pain and anxiety. So in the same way, your responsibility is to give them enough space so they can live with you.

Still confused, how to take care of your ESA? You can contact professionals to assist you in every matter.