Emotional Support Animals

While pets provide some level of emotional comfort to every owner, the providers at University Health Services (UHS) do not provide approval or letters for emotional support animals. Even though most people might benefit from interacting with a pet, this does not necessarily mean that a special designation or prescription for an emotional support animal is required. There are many benefits to exercising, eating healthfully, and getting enough sleep. As clinicians, we encourage these healthy lifestyle choices, but we do not write “letters or prescriptions” for any of the latter. Service animals do specific “work” for a person with a specific disability, and have a specific designation through the Americans with Disabilities Act (ADA).