Health Benefits

- Reduces anxiety and stress.
- Provides companionship and emotional support.
- Encourages routine, responsibility, and outdoor exercise.

Housing Rights

Legal Protections:

- California Fair Employment and Housing Act (FEHA): "Landlords must allow ESAs, even in no-pet buildings. They cannot charge pet fees or deposits for ESAs." CA Department of Rehabilitation

Process:

- Provide a valid ESA letter to your landlord.
- Landlords cannot require detailed information about your diagnosis.
- Landlords cannot charge extra fees for ESAs.

Discover more about ESAs and how they can support you.

www.underdog.army/resources

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Materials provided by: UNDERDOG ARMY





Emotional Support Animals

+ HOW THEY CAN HELP
+ HOUSING RIGHTS



What is an ESA?

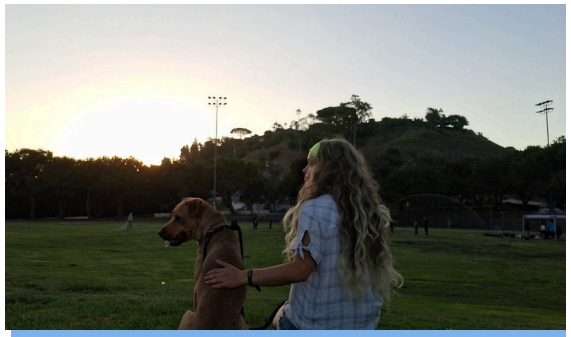
Definition:

- An Emotional Support Animal (ESA) provides comfort and emotional support to individuals with mental health conditions through companionship and affection.

Key Points:

- Not trained for specific tasks.
- Provides emotional relief.
- Recognized under housing laws for emotional support.

Emotional Support Animal



- Provides emotional support
- No public access rights beyond housing and air travel
- Requires a letter from a licensed mental health professional

vs.

Service Animal



- Trained to perform specific tasks
- Full access to public places
- Requires training and documentation of tasks

Do YOU Qualify for an ESA?



Requirements:

- Diagnosed mental health condition by a licensed professional.
- ESA letter from a licensed mental health professional.
- No special training required for the animal.

Note: Even mild anxiety, trauma, or stress can be grounds for an ESA if it impacts your daily life.