RE: NO NOTICE RESIGNATION LETTER

It is a disappointment from my side that I should resign from my job without notice. I have worked for this firm for a long time, and I don't think that this is not the best way of quitting. I am, however, not able to handle the disappointment in a better way. For some time now, I have developed depression. The pressure I am getting from the job and family at the same time is not bearable. I have realized that I am not the kind of person to work on a tricked deadline.

The doctor has advised me to reduce my load with immediate effect. I cannot let go of my family. With a lot of humility, I bet to quit this job immediately and deal with my health condition. I am sorry if the decision hurts the firm in a way. I hope you understand.

Thank you

Regards Rollan