

# Which ESA Cat Breeds Are Easier to Keep At A Small Apartment? - 2022 Guide

A question that is often asked regarding ESA letters is whether you can get more than one emotional support animal, licensed for your emotional support needs. In fruits, [can dogs eat watermelon?](#) First, seeds could cause an intestinal blockage, so make sure you remove them. It's also a good idea to remove the rind because it can cause gastrointestinal upset. We all know that life can get quite hard sometimes. These situations are made even worse when you have to deal with them in the presence of a mental health issue, as you not only have to deal with external challenges, but you also have to manage your mental well-being. In these situations, emotional support animals are there to provide you with unconditional love without any judgment.



There are many benefits associated with having an ESA. People who have depression feel increasingly better when there is an emotional support animal by their side. In dried fruits, [can dogs eat almonds?](#) No, almonds are difficult to eat and digest. The individuals pet their animals, play with them, and take care of them in several ways. Doing this can release dopamine in your brain, which is a great antidote to depression as it induces feelings of happiness and euphoria in such individuals. Also, emotional support animals help their handlers fight anxiety associated with being in specific social situations. For example, some people feel anxious in the company of people they do not know.

In such situations, emotional support animals can provide the familiar company they require and thus help keep anxiety at bay. Moreover, emotional support animals also bring structure to the lives of their handlers. When people with mental health problems feed their animals at specific times of the day, play with them, and take them outside for a walk, it forces them to develop a schedule so that they can meet the responsibilities of having an emotional support animal. Thus, these animals also help their owners by bringing a structure to their lives, which they often struggle with.

These benefits can be enjoyed best when you have the security and protection provided by law to keep your emotional support animals with you. This security can be ensured by attaining an [ESA letter](#) from a licensed mental health practitioner. The ESA letter shows that you have a mental health issue that requires you to keep an emotional support animal with you. ESA letters are only to be attained by mental health providers currently practicing within the state that you live in. These practitioners include psychologists, psychiatrists, clinical social workers, and other mental healthcare providers. Otherwise, the ESA letter might not be considered genuine.

People often have more than one pet animal so that they do not feel lonely, or that their pet animals have the company they need to be healthy and active. The answer is that there are no restrictions regarding the number of emotional support animals that you can keep. If you want to keep two emotional support animals, or more than two, you can do so. According to the Fair Housing Act, the residence providers or the landlords are to provide reasonable accommodation to everyone, and not discriminate against people on the basis of genuine needs they might have.

This means that landlords are advised by the law not to deny you residence based on your needs for emotional support animals. But if the emotional support animals create an undue burden on your landlords or neighbors, you can be denied residence. In other words, if you have multiple emotional support animals living in a small apartment, they might create chaos and disorder that will affect the neighboring residents. Thus, this would be an undue burden on the residence providers, and therefore you can be denied the residence. So, as long as multiple emotional support animals do not create problems within the residence, you are allowed to keep them.

But these animals will be given residence with you only if you have them licensed through an ESA letter. The first step in obtaining an ESA letter is to choose the type of ESA letter you wish to attain. One type of such letter is an [ESA letter for housing](#) that showcases that you have a genuine mental health issue that requires the company of emotional support animals.

The next step in attaining an ESA letter is connecting with a licensed mental health provider. If you have a mental health provider that you know, you can ask them to write the ESA letter. If not, there are many online services that link you with such a licensed mental health provider. The mental health provider would ask you to complete a questionnaire to determine whether the type of mental health issue that you have qualifies for having an emotional support animal. If it does, the mental health provider would notify you, and you will receive the ESA letter within a few days.

But you have to be careful regarding the ESA attainment process as sometimes, the online service that offers to help you is fraudulent. Before paying them, you should ask the service providers to send you a

sample of an ESA letter. In diet plan, [can dogs eat eggs](#)? Eggs are perfectly safe for dogs, Eggs are a great source of nutrition for your canine companion. The ESA sample should contain all the necessary sections, such as the name of the mental health provider, their name, signature, and license number among other things. If they do not, it means that the service they are offering is fraudulent and you should refrain from getting their service. So, given that you have an authentic ESA letter, you can have multiple emotional support animals with you in your residence.

**Useful Resources:**

[Emotional Support Animal - Different Types & Benefits](#)

[Emotional Support Animal Laws - Policies Governing the ESAs](#)

[Emotional Support Dog Vest - Benefits & Best Vest Choices for 2021](#)

[Russian Bear Dog: History, Facts, & Physical Traits](#)