

## Top 6 best emotional support animal options - 2023

The importance of an emotional support animal is undeniable in this age and time. One cannot disregard the services that these animals offer. These animals are like personal therapists for trauma and depression patients. Not only do they cater to drama but are also good for diseases like PTSD, insomnia, anxiety, hypertension, and other psychological issues. Thus, if a person feels that they are under stress; then they should ask their doctor for keeping an ESA animal near them. In this article, we will see a few animals that can be on your list when you get an ESA.

[realesaletter](#) is here to help you find the perfect emotional support animal (ESA) for your needs. As animal lovers, we know the joy and comfort that a loyal companion can bring to your life. That's why we've compiled a list of the top six best emotional support animal options for 2023.

From dogs and cats to birds and rabbits, we've got you covered. Each animal on our list has unique traits and characteristics that make them great companions. Whether you need a cuddly friend to ease anxiety or a playful pet to boost your mood, we can help you find the perfect ESA. Let us help you discover the benefits of having an emotional support animal in your life.

Before we prepare that list, let's see the procedure to get these animals. The first requirement for these animals is an [real esa letter](#) that is issued by the doctor. Your doctor must be on board to get the animal. They will tell you that your condition requires an animal. They will also provide a letter that you can show to ESA agencies. This letter is known as the [ESA Letter](#) that holds the power of legalization. It is a legal letter that authorizes you to keep your animal assistant with you even in public places.

Moreover, if a person is interested in keeping the pets at home. Then they need to get an **ESA letter for housing** from the agency. When you get the animal, you can ask the agency to provide you with the housing letter. So that you can keep that animal easily at home. This letter legally allows you to keep the animal at a rental place too. If in case your landlord questions the presence of that animal, you can show them the letter, and they will be satisfied.

Thus, these are the two documents you need before you opt for any of the following six befitting animals for emotional support.

1. Cat: Even though dogs make the best ESA, it cannot be denied that cats too are a suitable option. Cats are grumpy at times, but they are very loving and caring. They love humans endlessly without any condition. They will sleep peacefully at night, and just require a little space in your house. If you feed them on time, they will become your best friend that plays with you all day long. An ESA cat is also a feasible option just like a dog.
2. Dogs: An **ESA dog** is the most common type of emotional support animal. It is due to the loyalty and friendly nature of a dog. Dogs always stay with their owner and are even useful to keep their owner safe from harmful creatures. Moreover, the human and dog chemistry has been time-tested and dogs have proven to be the most appropriate option for emotional support.
3. Hamster: They are like little balls that you can play with to have catharsis. They are small and funny to keep along with you. They are easy to keep at home as they are small and can even fit in a shoebox. They help stressed patients to calm down and regain their sanity.
4. Rabbit: Having a squishy, small, and furry pet by your side is the most satisfying thing. Rabbits tend to be shy little creatures, especially when they are young. They will calm a patient with their tranquilizing nature. For small places or areas where other pets can cause a nuisance to neighbors, rabbits are the best option. You just need a little box for your rabbit, and it can stay there with you. Rabbits are quiet, but they are funny. They will help a patient smile and come back to normal life.
5. Bird: If you want someone who can reciprocate your emotions or converse with you, then birds are the best option. They are the most intelligent creatures with distinct features. They can fly all they want, but they will stay with you to show their affection and loyalty. Despite having their wings at night, they will come back to their cage without any complaint. They can imitate your voice and make different tunes to make you happy. Among all the birds, parrots are the best option as they are talkative and easy to handle. Another advantage of birds is that you don't have to clean after them. Just clean their cage, and there is nothing more to their management.

6. Horse: There are miniature horses available as emotional support animals at agencies. But if you want, you can have a big horse as your ESA pet too. However, you need to have a big backyard for the horse. Since you cannot keep it inside your house. A horse is a really good option for ESA as they are friendly and can be trained easily at home. Irrespective of the training at the agency, these horses need training at home too, which can only be provided by the owner. Having a horse with you induces a surety and a satisfactory feeling that you have a trustworthy companion with you. Moreover, horses have a longer life span, and the patient can have a long-term affiliation with them.

These are the six best animals that can support psychologically ill people. They manage the emotions of human beings and act as external support. So, what are you waiting for? Get any of these animals that you like and balance out your stress levels without medication.