

What Type Of Animals Can Be ESAs?

The Americans with Disabilities Act prohibits discrimination against people with a disability. It states that emotional support animals are not required to be trained to perform certain tasks for people with a disability. Your licensed mental health professional can also write an [ESA Letter](#) for your pet. This letter should be on their official letterhead.

Imagine coming back home after a busy day. You are extremely tired but have to continue and be ready to start the next tasks waiting for you such as household chores. With a familiar welcoming gesture, your pet or cat comes to you. If so, then it is likely that your pet has an emotional support animal. This animal can help maintain a certain level of comfort and relieve stress.



There are many things that people can do to improve the quality of their emotional support animals. One of these is to care for them. Having a pet can also help people feel more connected to one another. It can also help lower one's stress levels. The brain's posterior lobe secretes the hormone oxytocin. It is known to be released during a hug or a snuggle.

Aside from making us feel better, keeping our pets inside our company can actually improve our senses. They can stimulate our hearing and sense of touch. Animal owners must also be certified by a therapist or other health professionals to be considered ESAs. An [emotional support animal letter](#) should also be presented to the patient.

There's no denying the benefits of having a pet. Aside from improving one's health, it can also help lower one's weight. Having a pet can help improve a person's mental health, too. According to researchers, being a pet can help lower stress and boost overall well-being. According to a report by the American Psychiatric Association, the percentage of Americans who rely on emotional support animals has increased significantly over the years.

For considering it legit for terms as per FHA, this should contain all the necessary language requirements to be referred to as an [esa letter for housing](#). Once authentic organizations receive your ESA order and Questionnaire, they work with a licensed professional to pair you with a mental health professional. You do not feel guilty if someone has approved you for an ESA. It means that they have approved you for an ESA and are in their professional opinion.

1. **Kangaroos**

Few other weird animals could serve as your ESA. In case you consider that kangaroos ought to be left behind on the Australian continent or to be found behind barriers at zoos, you might be wrong. People also adopt kangaroos as their ESA and keep them close to them.

2. **Bearded Dragon**

Bearded Dragons are great pets for people who love animals. They are sociable and can make an excellent ESA for people who love animals. While it's possible for reptiles to be incredibly lazy and unwilling to work with their owners, these animals can provide their caretakers with a sense of satisfaction and purpose. When people think of an emotional support animal, they often picture a teddy bear or a soft-spoken creature. For Megan, however, her animal is a dragon that she depends on for anxiety relief. Many people prefer bearded dragons to be taken as their ESA.

3. **Pigs**

Scientists and laypeople alike have argued that pigs are as emotionally supportive as humans. Although these animals are not intended to serve as emotional support animals, they can be used for people with special needs. In one instance, a woman has kicked off a plane after her emotional support pig became too disruptive. The American Mini-Pig Association noted that pigs with good behaved behavior is still decent emotional support and can easily get an [emotional support dog letter](#).

4. **Turkeys**

Although many people would call a turkey's vocalizations unintelligible, others believe that these animals are the ideal companions for people with emotional support. In 2016, Delta passengers were horrified to discover that a passenger brought a turkey to the airport as a therapy animal.

5. **Marmosets**

Apparently, marmosets are tiny emotional support animals that could be easier to handle while traveling, but this is not universally true. This uncommon animal could be your ESA if you can handle them.

6. **Peacocks**

Peacocks are known to provide emotional support to those in need. However few individuals call them "loving and warm" they reportedly provide an ample amount of care and emotive support to those who require it most. In 2018, United Airlines told a woman with a peacock that her emotional support animal was not welcome on the plane.

7. **Miniature- Horse**

Due to their size, miniature horses are incredibly calm when trained. This is a great quality for emotional support animals as they can remain calm in stressful situations. While miniature horses have been around for a long time, they are also very well-regarded in the ESA list. Due to the nature of the animals that were banned, the airline allowed miniature horses to fly with them even if you have only an [esa letter online](#).

8. **Goldfish**

Although they cannot be held, they are often considered to be the emotional support animals of people. In 2018, Ana Navarro, a Republican political consultant, said that an airport official mistakenly announced that

a person left an emotional support animal at the security checkpoint. Pets can also lower our stress levels. A fish aquarium can have the same soothing effect as a candle.

These uncommon animals could also be taken as ESAs. Your options of ESAs are not limited merely to dogs or cats. You can have multiple ESAs but the only requirement is having valid ESA letters for their lawful accommodation.

Useful Resources:

[Critical Responsibilities of an ESA's Owner](#)

[Writing literary analysis- things you must know](#)

[Fundamental Responsibilities of an ESA's Owner | Ultimate Guide](#)

[Owner's Responsibilities for Emotional Support Animal \(ESA\)](#)

[Responsibilities of an ESA Owner | Ultimate Guide](#)

<https://linktr.ee/MyESALetter>