

Emotional Support Purr-fect Pets.

By Holly Cassidy, a P7 reporter.

Animals can serve as a source of comfort and support. Dogs are one of the best at this especially Labrador Retrievers. Other good emotional support dog breeds are; Golden Retrievers, Greyhounds, Staffies, even yorkies and chihuahuas!

Now on to cats. The best cat breeds for emotional support are; Ragdoll, Maine Coon, Siamese, Manx, Bengal, Russian Blue and Balinese. Just remember though, not all cats like cuddles! Don't go and stress out your cats if they aren't any of the breeds listed above! They might never forgive you!

Time for bunnies! There are lots of rabbit breeds that help with emotional support. Some of these are; English spot, Lionhead, Himalayan, Mini Lop, Rex, Polish and American, Jersey wooly and Netherland Dwarfs. But not all rabbits like to be held so if the rabbit isn't yours, check with their owners.

Trust my advice! Your mental health is important, but so are your pets! Just remember to check if your pet is okay with it first!