

Dear [Name],

I just wanted to take a moment to reach out and let you know how much you mean to me. I've been thinking about you lately and I can only imagine what you're going through. It's okay to feel overwhelmed, and it's completely normal to seek comfort during tough times.

Please remember that you're not alone. I'm here for you, ready to listen or lend a hand whenever you need it. Your feelings are valid and important. Take all the time you need to heal and process.

Whenever you're ready, let's spend some time together. Whether it's a chat over coffee or a quiet evening in, I'm here for you.

Sending you all my love and strength.

With all my heart,
[Your Name]