

Dear [Family Member's Name],

I hope this letter finds you in good spirits. As we continue to navigate our daily lives, I wanted to take a moment to check in on your mental health and overall well-being.

It's important to me that you know I care about you and I'm here for you. If there's anything on your mind or if you're feeling overwhelmed, please don't hesitate to reach out. Remember, it's okay to seek help and talk about what you're going through.

Let's plan a time to get together soon, whether it's for coffee, a walk, or just a chat. Your thoughts and feelings matter, and I'd love to listen and support you in any way I can.

Take care of yourself, and remember that you are not alone.

With love,

[Your Name]