

# Dear [Friend's Name],

I hope this letter finds you in good spirits. I wanted to take a moment to reach out and remind you that you are not alone. It's completely okay to feel overwhelmed sometimes, and I want you to know that I'm here to support you.

If you ever need someone to talk to, vent, or simply sit quietly with, please remember I'm just a call or a text away. Your feelings are valid, and it's important to express them. Don't hesitate to let me know how you're feeling or what you might need.

Additionally, I'd love to do something together that could help lift your spirits - whether that's going for a walk, watching a movie, or trying a new hobby. Let's make plans! You matter to me, and caring for our mental health is essential.

Please take care of yourself, and remember, it's perfectly fine to ask for help. You have a support system in me.

Sending you lots of love,

[Your Name]