

Dear [Recipient's Name],

I hope this message finds you in a moment of peace. I want to take a moment to acknowledge the challenges you may be facing with your mental health. I can only imagine how tough things might be for you right now.

Please know that it's okay to feel what you are feeling. You are not alone in this journey, and it's important to reach out and lean on those around you when you need to.

I genuinely care about your well-being and am here for you. Whether you want to talk or just sit in silence together, I am just a message or phone call away.

Please take all the time you need to heal. Remember that it's okay to seek help and that your feelings are valid. You are stronger than you think.

Take care of yourself.

Sincerely,

[Your Name]