

Dear [Child's Name],

I hope this letter finds you in a moment of peace. I want you to know that I care about you and have been thinking about what you are going through.

It's completely okay to feel overwhelmed or confused about everything happening in your life right now. Many kids face challenges, and it's important to remember that you are not alone.

Sometimes, people turn to substances because they are looking for something to help them cope with their feelings. It's a way to escape, even if just for a moment. I want you to know that those feelings are valid, and it's brave to recognize them.

If you ever feel like talking, I'm here to listen. No judgment, just support. You are valued and loved, and your feelings matter.

Please take care of yourself, and know that there is hope for brighter days ahead.

With love and understanding,

[Your Name]