

Dear [Friend's Name],

I hope this letter finds you well. I want you to know that I've been thinking about you a lot lately and I am here for you during this difficult time.

It hurts me to see you struggling with substance abuse, and I want you to understand that you are not alone in this fight. You have so many people who care about you and want to help you through this.

Remember, it's okay to ask for help, and I encourage you to reach out to a professional or a support group. I believe in your strength and your ability to overcome this challenge.

Please know that I am here to support you in any way that you need. Whether it's talking, going to meetings together, or just spending time with you, I'm just a call away.

Take care of yourself, and remember that you are loved.

Sincerely,
[Your Name]