

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know how much you mean to me. I can only imagine how tough things have been for you lately, and I want you to know that it's okay to feel overwhelmed.

Remember, you are stronger than you think, and this difficult time will pass. Take each day one step at a time, and don't hesitate to lean on your friends for support. I'm here for you, and I'm ready to listen whenever you need to talk.

Always believe in yourself and keep pushing through. You have so much potential and so many people who care about you. I'm cheering you on every step of the way!

With all my love,
[Your Name]