

Dear [Friend's Name],

I just wanted to reach out and say that I am thinking of you during this difficult time. I can only imagine how you must be feeling right now, and I want you to know that you are not alone.

If you need someone to talk to, I'm here for you. Please don't hesitate to reach out, whether it's to share what you're going through or just to have a distraction. Your feelings are valid, and it's okay to express them.

Remember, it's okay to ask for help, and I am here to support you in any way I can. Whether it's sitting in silence together or finding a way to lighten your load, I'm ready to be by your side.

Take all the time you need to heal, and know that I care about you. You are stronger than you think, and I believe in you.

With all my love,

[Your Name]