

Dear [Friend's Name],

I just wanted to take a moment to reach out to you. I know things have been tough lately, and it's okay to feel sad. I want you to remember that you are not alone in this. I am here for you, and I believe in your strength to get through this difficult time.

It's perfectly okay to take your time to heal. Allow yourself to feel what you need to feel, but don't forget that brighter days are ahead. You are capable of overcoming any challenge that comes your way.

Whenever you need a listening ear or someone to share a comforting silence with, I'm just a phone call away. Let's plan to meet up soon, whether it's for a chat, a walk, or just some time to unwind.

Take care of yourself, my friend. Each step you take, no matter how small, is a step towards healing. Remember, I'm rooting for you always.

With all my love,

[Your Name]