

Dear [Friend's Name],

I hope this letter finds you well, or at least on the path to feeling better. I want you to know that I've been thinking about you a lot lately, and I want to offer my support during this tough time.

Life can throw us some serious challenges, and I can only imagine how difficult things must be for you right now. Please remember that you are not alone in this. I am here for you, willing to listen, to help, or just to sit with you in silence if that's what you need.

If you ever feel like talking or just hanging out, don't hesitate to reach out. We can grab coffee, go for a walk, or just chat on the phone. It's important to me that you know I am here for you, no matter what.

Take things one day at a time, and remember to be kind to yourself. You are stronger than you think, and I believe in you.

Sending you all my support and love,

[Your Name]