

Dear [Friend's Name],

I hope this letter finds you in a moment of peace. I want you to know that I have been thinking about you and your recent struggles. Life can be incredibly challenging at times, and I want to express my understanding and support for what you are going through.

I can only imagine how difficult things have been for you. It's okay to feel overwhelmed and uncertain. Please know that you are not alone in this. I am here for you, ready to listen whenever you feel like talking or sharing your thoughts.

Remember, it's perfectly fine to seek help and take time for yourself. Your feelings are valid, and you deserve to have space to process everything. I value our friendship and want you to know you can lean on me during this tough time.

If you need a distraction or someone to spend time with, I'm just a call away. Together, we can tackle whatever comes our way.

Take care of yourself, and know that I am holding you close in my thoughts. You've got this, and I'm here to support you every step of the way.

With love and understanding,

[Your Name]