

Dear [Loved One's Name],

I want you to know that I am here for you during this difficult time. It's okay to feel overwhelmed, and you are not alone. I believe in your strength and resilience, and I am confident you will get through this.

Please remember to take care of yourself and reach out to me whenever you need to talk or just need someone to sit with you. Your feelings are valid, and I'm here to listen.

You are loved, and I am grateful to have you in my life. Together, we can face anything that comes our way.

With all my love and support,

[Your Name]