

Letter of Understanding

Date: [Insert Date]

To: [Family Member's Name]

Dear [Family Member's Name],

I want to take a moment to express my understanding of the difficult times you are currently facing. I know that life can throw challenges our way, and it's okay to feel overwhelmed.

Please know that you are not alone in this. I am here for you, ready to listen and support you in whatever way you need. Your feelings are valid, and I want you to feel safe sharing them with me.

Whenever you feel ready, I'd love to talk. Whether it's a phone call, a visit, or simply spending time together, I'm here for you.

Take all the time you need, and remember that I am just a message or a call away.

With love and understanding,

[Your Name]