

Dear [Employee's Name],

I hope this message finds you well. I wanted to take a moment to reach out and express my support during this challenging time. It's completely understandable to feel overwhelmed and stressed, and I want you to know that you are not alone.

We value your contributions to the team, and your well-being is a priority for us. If there's anything you need or if you'd like to talk about what you're experiencing, please don't hesitate to reach out. We are here to support you and can work together to find solutions that can help alleviate some of the pressure you're feeling.

Please remember to take care of yourself and seek out any resources that can assist you. Your mental health is just as important as your work. Together, we can navigate through this.

Sincerely,

[Your Name]

[Your Position]

[Company Name]