

# Dear [Friend's Name],

I want you to know that I am here for you during this challenging time. I can only imagine how difficult it must feel to battle with anxiety, and it's okay to not feel okay.

Remember, you are not alone. I am just a call or text away if you need to talk or if you just want some company. Your feelings are valid, and it's okay to express them. I admire your strength and courage in facing this.

Whenever you're ready, we can take small steps together, whether it's going for a walk, grabbing a coffee, or simply sitting in silence. You don't have to put on a brave face for me.

Please take care of yourself, and don't hesitate to reach out. I'm sending you all my love and positive thoughts.

With all my support,

[Your Name]