

Dear [Friend's Name],

I hope this letter finds you in a moment of peace. I've been thinking about you a lot lately and wanted to reach out.

I can only imagine how difficult things must be for you right now. It's completely okay to feel overwhelmed and uncertain. Please know that you are not alone; I'm here for you whenever you need someone to talk to or simply share silence with.

Remember, it's okay to take things one day at a time. You have always shown strength and resilience, even in the toughest of times. I admire that about you and believe you will get through this.

If you feel like talking, I'm just a phone call away. Or if you would prefer some quiet company, I'd love to come by and sit with you for a while.

Take care of yourself, and remember that it's perfectly okay to ask for help. You are loved, and I'm here for you.

With all my support,

[Your Name]