

Dear [Friend's Name],

I just wanted to take a moment to reach out and remind you that you are not alone in this difficult time. I know things feel overwhelming right now, but I believe in your strength and resilience.

It's okay to feel the way you do; it's a part of the healing process. Remember, every storm eventually passes, and brighter days are ahead. I am here for you, ready to listen or lend a helping hand whenever you need it.

Don't hesitate to lean on your friends, including me, as you navigate through this. Together, we can find a way to see the light that always follows the darkness.

Sending you lots of love and positive thoughts.

With all my heart,

[Your Name]