

Dear [Friend's Name],

I hope this letter finds you in a moment of calm amidst the storm. I want you to know that I am here for you, no matter what you're going through. Your struggles do not define you, and I believe in your strength and resilience.

Life can be incredibly challenging, and it's okay to feel overwhelmed. Please remember that you are not alone in this fight. I am just a phone call away, ready to listen or lend a helping hand whenever you need it.

Take your time to heal and know that it's perfectly okay to seek help. I admire your bravery and want to support you in any way I can. Always remember that you are loved and valued, not just for what you accomplish but for who you are.

Let's plan to meet up soon. I could use some quality time with you, and I want to offer my support directly. You mean a lot to me, and together we can navigate through this.

Sending you all my love and light,

[Your Name]