

Dear [Friend's Name],

I just wanted to take a moment to reach out to you during this difficult time. I know that you have been facing some challenges lately, and I want you to know that you are not alone.

It's completely understandable to feel overwhelmed right now. Remember that it's okay to lean on your friends and family for support. I am here for you, ready to listen or help in any way you need.

Take things one day at a time, and don't forget to take care of yourself. You are strong, and I believe in you. Better days are ahead, and I'll be right here with you through it all.

Sending you all my love and comfort.

Sincerely,

[Your Name]