

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know how much you mean to me. I can only imagine how tough things must be for you right now, and I want you to know that you are not alone.

It's perfectly okay to feel what you're feeling, and it's important to let those emotions out. Remember that it's a part of the healing process, and I'm here for you every step of the way.

Whenever you need someone to talk to, or even just to sit quietly with, please don't hesitate to reach out. You've always been strong in facing challenges, but it's okay to lean on others sometimes too.

Take all the time you need to heal. I believe in you and know brighter days are ahead. I'm here for you, cheering you on and ready to support you however you need.

Thinking of you,

[Your Name]