

Dear [Friend's Name],

I hope this letter finds you in good spirits. I wanted to take a moment to reach out and let you know that I am here for you during this challenging time.

It's completely understandable to feel overwhelmed, but I want you to remember that you are not alone. I admire your strength and resilience in facing these obstacles, and I believe in your ability to overcome them.

If you need someone to talk to, vent, or just sit in silence with, please don't hesitate to reach out. I am always just a phone call away.

Additionally, if there are practical ways I can help, whether it's running errands or just keeping you company, please let me know. We can tackle this together.

Take all the time you need to process everything. Remember, it's okay to ask for help. You are loved and supported more than you know.

Looking forward to seeing you soon.

With all my love and support,
[Your Name]