

Dear [Friend's Name],

I hope this letter finds you in a moment of peace. I wanted to take a moment to reach out because I've noticed that things have been tough for you lately. I want you to know that I'm here for you.

It's completely normal to feel overwhelmed, and I can't imagine the weight you are carrying. Please remember that you don't have to go through this alone. I'm just a phone call away, ready to listen without judgment.

Whenever you feel ready, I'd love to spend some time together. Whether you want to talk about what you're going through or just share a quiet moment, I'm here for you. Your feelings are valid, and you deserve support.

Take all the time you need to heal. I believe in you, and I'm cheering you on every step of the way. You are stronger than you think, and I'm so proud to be your friend.

Sending you all my love,

[Your Name]