

Dear [Student's Name],

I hope this letter finds you well. I wanted to take a moment to reach out and let you know that I am here to support you during this challenging time.

It's completely okay to feel overwhelmed, and I want you to know that you are not alone. If there's anything specific that you need or if you would just like to talk, please don't hesitate to reach out to me.

Remember, it's important to take care of yourself and know that it's okay to ask for help. We're all in this together, and I believe in your strength.

Take care, and I'm here whenever you need.

Sincerely,
[Your Name]