

Dear [Friend's Name],

I just wanted to take a moment to reach out to you. I know that things have been tough lately, and I want you to know that I am here for you. You are not alone in this journey.

Please remember that it's okay to feel the way you do. It's important to acknowledge your feelings and give yourself the time you need to heal. I admire your strength and resilience, even when things seem overwhelming.

If you need someone to talk to, vent, or even just sit in silence with, I'm just a phone call away. Let's grab coffee or take a walk when you feel up to it. I would love to spend some time together.

You mean a lot to me, and I believe in you. Together, we can navigate through this tough time. Just take things one day at a time.

Sending you all my love and support.

Warmest regards,
[Your Name]