

Dear [Friend's Name],

I just wanted to take a moment to reach out and remind you that you are not alone during this difficult time. It's completely okay to feel overwhelmed and unsure. I want you to know that I am here for you, ready to listen and support you however you need.

Remember the strength you've shown in the past. This moment, though challenging, is just a part of your journey. You have so much courage inside you, and I believe in your ability to get through this.

If you need to talk, vent, or just have a quiet moment together, please don't hesitate to reach out. I am just a call or message away, and I care deeply about your wellbeing.

Take all the time you need to heal and recharge. You are stronger than you think, and brighter days are ahead.

Sending you lots of love and virtual hugs,

[Your Name]