

Dear [Friend's Name],

I just wanted to take a moment to reach out to you during this tough time. I know things might seem overwhelming right now, but please remember that you are not alone. I'm here for you every step of the way.

It's completely okay to feel the way you do. Sometimes, life throws us challenges that feel insurmountable, but I truly believe in your strength and resilience. You have overcome so much before, and I have no doubt you will get through this as well.

Whenever you need a listening ear, a shoulder to lean on, or just some company, know that I'm just a phone call away. Let's get together soon, whether it's for a coffee, a walk, or just a good chat. Remember, you matter to me, and your feelings are valid.

Sending you all my love and hugs. Keep hanging in there!

Warmest wishes,

[Your Name]