

Dear [Friend's Name],

I just wanted to take a moment to remind you that you are not alone in this. Life can throw some tough challenges our way, but I want you to know that I'm here for you every step of the way.

It's completely okay to feel overwhelmed, and it's important to acknowledge those feelings. Remember, it's okay to take things one day at a time. You are stronger than you realize, and I truly believe in your ability to overcome these obstacles.

Whenever you feel like talking or if you need a shoulder to lean on, just reach out to me. Let's tackle this together. You've always supported me, and now it's my turn to support you.

Take care of yourself, and don't forget to breathe. Better days are ahead, and I'm here to help you find them.

With all my love,

[Your Name]