

Dear [Friend's Name],

I just wanted to take a moment to reach out and remind you how much you mean to me. I know you're going through a tough time right now, and I want you to know that it's okay to feel the way you do.

You are not alone in this. I'm here for you, ready to listen or help in any way you need. Remember the strength you have shown in the past; it's still within you, even if it feels hidden right now.

Take things one day at a time. It's perfectly fine to lean on friends and family--I'm just a call or a text away. Together, we can work through this.

Believe in yourself as much as I believe in you. I know brighter days are ahead.

With all my love and support,

[Your Name]