

Dear [Friend's Name],

I hope this letter finds you well, though I know times have been tough for you lately. I want you to know that you are not alone in this. I'm here for you, ready to listen and support you in any way you need.

It's okay to feel overwhelmed sometimes, and it's perfectly alright to lean on your friends during difficult times. Remember, it's okay to ask for help, and you don't have to face this struggle by yourself.

Whenever you need someone to talk to or just hang out with, please reach out. I'm here to lend a hand, offer a shoulder to lean on, or just provide some much-needed distraction.

Your strength and resilience inspire me, and I have no doubt that you will come through this. Take one day at a time, and be gentle with yourself.

Sending you all my love and support.

Sincerely,

[Your Name]