

Dear [Friend's Name],

I hope this message finds you in a moment of peace amidst the challenges you're facing. I want you to know that I am here for you, and my heart goes out to you during this difficult time.

Life can be incredibly tough, and it's completely okay to feel overwhelmed. Please remember, you are not alone in this. I am just a call or a message away, ready to listen, offer support, or simply sit in silence with you.

Your feelings are valid, and it's important to allow yourself to grieve and heal at your own pace. Take all the time you need. I admire your strength and resilience, even when things seem unbearable.

Whenever you're ready, I'd love to get together for coffee or a walk--whatever feels right for you. Until then, I'm sending you all my love and positive thoughts.

Take care of yourself, and remember I'm here for you.

Sincerely,
[Your Name]