

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 times are tough right now, and it feels like the weight of the world is on your shoulders. Please remember that you are not alone in this.

Your strength and resilience inspire me every day. I believe in you completely, and I know that you will come out of this stronger than before. It's okay to feel overwhelmed and to take your time to heal.

Whenever you're ready, I'm here to listen, to talk, or even just to sit in silence with you. You have an incredible spirit, and I have no doubt that brighter days are ahead.

Take care of yourself, and know that I am rooting for you always.

With all my love and support,

[Your Name]