

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I am thinking of you during this challenging time. Life can throw us curveballs, and it's completely normal to feel overwhelmed.

Please remember that you're not alone in this. I'm here for you, whether you need someone to listen, a shoulder to cry on, or even just a distraction for a little while. Our friendship means the world to me, and I want to support you in any way I can.

Whenever you're ready, let's grab coffee or just have a chat. Take all the time you need, and know that I'm just a call away.

Sending you all my love and positive thoughts,

Sincerely,
[Your Name]