

Dear [Friend's Name],

I hope this letter finds you in moments of peace amidst everything you are going through. I want you to know that I have been thinking of you a lot lately, and my heart aches for the struggles you are facing.

It's okay to feel overwhelmed right now; life can throw challenges our way that we never expect. Please remember that you are not alone in this. I am here for you - to listen, to support, or to simply sit in silence if that's what you need.

Whenever you feel ready, I would love to spend some time together. Whether it's a phone call, a coffee date, or just a quiet walk, I'm here for you. Your feelings are valid, and it's important to take the time to process them.

Sending you strength and love during this difficult time. You are stronger than you know, and I believe in you.

Take care of yourself, and please reach out whenever you need.

With all my heart,

[Your Name]