

# Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I'm here for you. I can only imagine how you're feeling right now, and I want you to know that you are not alone in this.

It's okay to have tough days. Please remember that your feelings are valid, and I am here to support you in any way you need. Whether you want to talk, go for a walk, or just sit in silence, I'm just a text or a call away.

You are an incredible person, and I admire your strength and resilience. Remember, it's perfectly fine to lean on your friends during challenging times.

Sending you love and hugs,

[Your Name]