

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 difficult time. I can only imagine how challenging things must be for you right now, and I want you to know that you are not alone.

It's okay to feel overwhelmed, to feel sad, or to feel like everything is just too much. Please remember that it's okay to lean on those who care about you. I'm here for you, ready to listen or to help in any way you need.

Take things one day at a time, and don't hesitate to reach out if you want to talk. Your feelings are valid, and I'm here to support you through this.

Wishing you strength and comfort,

[Your Name]