

Dear [Friend's Name],

I hope this letter finds you in a moment of peace amidst the challenges you are facing. I want you to know that you are not alone in this journey.

It's okay to feel overwhelmed, and it's okay to have tough days. Please remember that I am here for you, ready to listen or lend a hand whenever you need it. Your strength and resilience inspire me, and I believe in you wholeheartedly.

Whenever you feel like talking or just want some company, don't hesitate to reach out. You matter to me, and your struggles matter. Together, we can navigate these difficult times.

Sending you all my love and support,

[Your Name]