

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I'm thinking of you. I can only imagine how you must be feeling right now, and I want you to know that it's completely okay to struggle sometimes.

If you need someone to talk to, I'm here to listen without any judgment. Your feelings are valid, and you don't have to go through this alone. I truly care about your well-being, and I support you in any way I can.

Remember to take things one day at a time. It's perfectly fine to lean on your friends and loved ones during difficult moments. You have a whole support system that believes in you.

Please reach out whenever you feel like it. You are not alone in this.

Take care of yourself,

[Your Name]