

Dear [Friend's Name],

I hope this letter finds you well. I wanted to take a moment to express my understanding of what you are currently going through. It's completely normal to feel overwhelmed at times, especially with everything life throws our way.

Know that it's okay to feel this way, and you are not alone. I am here for you, ready to listen whenever you need to talk. Please don't hesitate to share how you're feeling; your thoughts and feelings are important to me.

Remember to take care of yourself, and don't hesitate to take a break if you need to. Your well-being is what matters most to me. Together, we can navigate through this challenging time.

Take care, and I'm just a message or call away.

With all my support,

[Your Name]