

**Dear [Recipient's Name],**

I hope this message finds you well. I want to take a moment to express my heartfelt empathy regarding the situation you are currently facing.

It's completely understandable to feel [insert feelings, e.g., overwhelmed, anxious, frustrated] given what you are going through. Please know that your feelings are valid, and it's okay to seek support during this time.

I want you to know that I am here for you. If you need someone to talk to or if there's anything I can do to help, please do not hesitate to reach out.

Take the time you need for yourself, and remember that you are not alone in this journey.

With warm regards,

[Your Name]