

Dear [Recipient's Name],

I hope this letter finds you well. I want to take a moment to reach out and assure you that you are not alone during this difficult time. It's completely natural to feel overwhelmed, but please remember that it's okay to lean on others for support.

Life can present us with challenges that seem insurmountable, but with each day, we grow stronger. You have shown resilience in the past, and I have no doubt that you will emerge from this situation with newfound strength. Remember, every storm eventually passes.

If you ever feel the need to talk or just share a moment of silence together, I am here for you--ready to listen and support you in any way you need.

Wishing you peace and comfort in the days ahead.

Warmest regards,

[Your Name]