

Dear [Friend's Name],

I just wanted to take a moment to reach out and let you know that I am thinking of you during this really challenging time. I can only imagine how difficult this must be for you, and I want you to know that you are not alone.

Remember, it's okay to feel whatever you're feeling. Your emotions are valid, and I am here to support you. If you need someone to talk to or simply sit in silence with, I'm just a call away.

Take all the time you need to heal and remember that I'm here for you, cheering you on every step of the way. Please reach out whenever you feel like it. Together, we'll get through this.

Sending you love and strength,

Warmly,
[Your Name]