Dear [Neighbor's Name],

I hope this message finds you in good spirits, despite the challenges you are currently facing. I wanted to take a moment to express my understanding and support during this difficult time.

Please know that you are not alone, and if there is anything I can do to assist you--whether it be running errands, lending an ear, or simply being there for conversation--do not hesitate to reach out.

Your strength is admirable, and I want you to feel comforted by the fact that your neighbors care. Together, we can navigate through tough times.

Take care of yourself, and remember that I'm here if you need support.

Sincerely, [Your Name] [Your Address] [Your Phone Number]