

# Dear [Friend's Name],

I hope this message finds you in moments of peace during this difficult time. I want you to know that my thoughts are with you, and I am here for you.

Losing someone or facing challenges can feel overwhelming, but remember that it's okay to grieve and to seek support. Please take all the time you need to heal.

If you need someone to talk to or a shoulder to lean on, I am only a phone call away. Together, we can navigate this journey, and you don't have to face it alone.

Sending you all my love and strength.

Warm regards,

[Your Name]