

Dear [Adult's Name],

I just wanted to take a moment to say how much I care about you. I know that things have been really tough lately, and it makes me sad to see you feeling this way.

You are so strong, and I believe in you. It's okay to feel overwhelmed sometimes. Remember that I'm here for you whenever you need someone to talk to or even just to spend time with.

Let's do something fun together soon! Maybe we can go to the park or watch a movie. I want you to smile again, because you deserve to be happy.

Take all the time you need to feel better. I'm cheering for you every day!

With lots of love,

[Your Name]