Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt gratitude for the sincere support and kindness you offered during my recent difficult time. Your presence, words of encouragement, and genuine compassion provided me with immense comfort.

It is during sorrowful periods that we truly appreciate the power of friendship and love, and you have exemplified that beautifully. Thank you for being there for me and helping me through this challenging phase of my life.

With all my thanks and warm regards,

[Your Name]