

Hi [Coworker's Name],

I hope this message finds you well. I wanted to take a moment to check in and see how you're doing, especially with everything that's been happening lately.

It's important to me that we support each other in our mental wellness journey. If you're comfortable, I'd love to hear how you've been feeling and if there's anything you'd like to share or talk about.

Remember, it's okay not to be okay, and you're not alone. If you ever need someone to listen or talk to, I'm here for you.

Take care of yourself, and don't hesitate to reach out.

Best,

[Your Name]