

# Dear [Family Member's Name],

I hope this letter finds you in good spirits. I've been thinking about you lately and wanted to check in on your mental well-being.

How have you been feeling these days? Is there anything on your mind that you'd like to share? I want you to know that I'm here for you and ready to listen.

Remember, it's completely okay to go through ups and downs. If you're feeling overwhelmed, please don't hesitate to reach out. We can chat or even spend some time together - whatever you need.

Take care of yourself, and know that you are not alone in this journey.

With love,

[Your Name]