

# Dear [Neighbor's Name],

I hope this letter finds you well. I wanted to take a moment to check in on you and see how you've been feeling lately. With everything going on in the world, I know it can be overwhelming at times.

If you feel comfortable, I would love to chat or just sit together for a cup of tea. Remember, it's completely okay to seek support, and I'm here for you. Your mental wellness is important, and I care about how you're doing.

Feel free to reach out if you need anything or just want to talk. Take care and remember, you're not alone.

Sincerely,

[Your Name]

[Your Address]

[Your Contact Information]