Template Example 1:
Dear [Friend's Name],
I just wanted to take a moment to reach out and let you know that you've been in my thoughts. I can only imagine how tough things must be for you right now. Please remember that you're not alone in this; I'm right here by your side.
If there's anything you need, whether it's a chat, a meal, or just some company, don't hesitate to reach out. I'm sending you all my love and positive vibes for strength and healing.
Take care of yourself, my dear friend.
Warmly,
[Your Name]

Template Example 2:
Hey [Friend's Name],
I just wanted to drop you a quick note to say how much I admire your strength during this challenging time. I'm here for you, no matter what you need.
Let's plan a time to catch up or just hang out. Remember that you are surrounded by love and support, and we're all cheering you on!
Thinking of you and sending warm hugs your way.
Best,
[Your Name]

Template Example 3:
Hi [Friend's Name],
I hope this message finds you feeling a little brighter today. I can't begin to understand what you're going through, but I want you to know that I'm here for you every step of the way.
If it ever feels overwhelming, just remember to take it one day at a time. I'd love to help lighten your load in any way I can. Let's get together soon--I miss our time together!
Always here for you,
[Your Name]

Template Example 4:
Dear [Friend's Name],
I've been thinking about you a lot lately and just wanted to send some love your way. I know things aren't easy right now, but your courage inspires everyone around you.
Whenever you feel up for it, I'm just a call away. Whether you want to talk, laugh, or just hang out quietly, I'm here for you.
Take good care, my friend.
Lots of love,
[Your Name]