

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Date]  
[Friend's Name]  
[Friend's Address]  
[City, State, Zip Code]

Dear [Friend's Name],

I hope this letter finds you well. I wanted to take a moment to reach out and assure you that you are not alone in the challenges you are facing right now. Life can be overwhelming, but I want you to know that I am here for you, and I believe in your strength.

Please remember that it's okay to feel what you're feeling. It's a part of being human. I admire your resilience and the way you've handled everything so far. If you ever need a listening ear, a shoulder to lean on, or someone to simply sit in silence with, I'm just a call away. Take your time, be gentle with yourself, and know that brighter days are ahead. You are loved, supported, and capable of overcoming these hurdles. Sending you all my love and support.

Warm regards,

[Your Name]