

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Date]

[Recipient's Name]
[Recipient's Address]
[City, State, ZIP Code]

Dear [Recipient's Name],

I hope this letter finds you well. I have been thinking about you a lot lately, and I wanted to reach out to let you know that I am here for you during this challenging time.

I understand that you may be feeling [specific emotions or situations]. It's perfectly alright to feel this way, and I want you to know that you are not alone. I care about you and am here to listen whenever you need to talk.

Remember, it's okay to take things one day at a time. If you want to chat, share your thoughts, or even sit in silence together, I am just a phone call away. You don't have to go through this alone; I'm here to support you in any way I can.

Take care of yourself, and don't hesitate to reach out. You are stronger than you think, and I believe in you.

With all my love,

[Your Name]