

[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 in a moment of peace. I want you to know that I am thinking of you and holding you close in my heart as you navigate the challenges you are facing.

Living with PTSD can be incredibly isolating, and I want to express my admiration for your strength and resilience. It's okay to feel overwhelmed at times. You are not alone in this journey, and it's important to remember that healing takes time.

Please remember that it's okay to seek help and support. Whether it's talking to a friend, a therapist, or joining a support group, there are people and resources available to help you. Your feelings are valid, and I encourage you to share your experiences when you feel ready.

I am here for you, ready to listen whenever you need to talk, or simply to sit in silence if that's what you need. You do not have to carry this burden alone. Let's make plans to get together soon, or please feel free to reach out whenever you need.

Take gentle care of yourself and know that your healing journey is important.

With all my love and support,  
[Your Name]