

[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 am writing to express my support for you during this challenging time. I want you to know that you are not alone in your journey.

Post-Traumatic Stress Disorder can be an incredibly tough experience to navigate, and it's completely understandable to feel a range of emotions. It's important to take it one step at a time, and I encourage you to seek the support you need, whether it's from friends, family, or professionals who specialize in PTSD.

Please remember that your feelings are valid, and it's okay to talk about your experiences when you're ready. If there's ever a time when you need someone to listen or accompany you to appointments, I am here for you. Take care of yourself, and know that I am thinking of you and sending positive thoughts your way. You have my unwavering support.

Warm regards,

[Your Name]