

[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 moments of peace. I want you to know that I am thinking of you and I am here for you during this difficult time. It's completely understandable to feel overwhelmed and vulnerable, and I want to assure you that your feelings are valid and heard.

Please remember that you are not alone in this. It's okay to lean on others for support when the weight feels heavy. I'm here to listen, whether you want to talk about what you're going through or simply need someone to sit with you in silence.

Take all the time you need to heal and feel comfortable. Each step you take, no matter how small, is a step toward brighter days. I believe in your strength and resilience, even when it may feel distant.

If there's anything specific you need, please don't hesitate to reach out. Whether it's a chat over coffee, a walk, or just a listening ear, I am here for you. You deserve care and support.

Sending you warmth, love, and comforting thoughts.

With all my support,

[Your Name]