

[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 safe space. I want to take a moment to reach out and let you know that you are not alone during this challenging time. It's okay to feel overwhelmed, and it's important to acknowledge your feelings.

Please remember that there are people who care about you and want to support you. If you feel comfortable, I encourage you to talk to someone you trust or seek professional help. Your well-being is important, and there are resources available to help guide you through this crisis.

I'm here for you, and I want to listen if you'd like to share your thoughts or feelings. Don't hesitate to reach out to me whenever you need.

Take care of yourself, and know that brighter days are ahead.

Warmly,

[Your Name]