

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

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

Dear [Recipient's Name],

I hope this letter finds you in good spirits. I want to take a moment to express my support and let you know how much you matter to me.

[Insert personal anecdote or memory that highlights your relationship and shared experiences.]

I understand that you are going through a challenging time right now.

Please remember that you are not alone in this. I am here for you, and I want to help in any way I can.

[Offer specific ways you can provide support, e.g., listening, helping with tasks, providing resources, etc.]

You are strong and resilient, and I believe in your ability to navigate through this. Your feelings are valid, and it's okay to seek help when you need it.

Please feel free to reach out to me anytime; whether you want to talk, share your thoughts, or just need some company, I am here for you.

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

Warm regards,

[Your Name]