

Gentle Support Message

Dear [Name],

I've noticed you haven't been yourself lately, and I wanted you to know that I'm here for you, no questions asked.

Mental health struggles are real and valid, and there's absolutely no shame in what you're going through. Your feelings matter, and you deserve support and understanding during this difficult time.

I want you to know that you're not a burden, you're not broken, and you're not alone. So many people care about you, even when your mind tells you otherwise. The dark thoughts and feelings you're experiencing aren't facts about who you are or what your future holds.

Please consider reaching out to a professional who can provide the specialized support you deserve. Therapy isn't a sign of weakness – it's a tool for healing and growth. I'm happy to help you research options or even go with you to an appointment if that would help.

In the meantime, remember to be gentle with yourself. Take things one day at a time, and celebrate small victories. Your mental health is just as important as your physical health.

I'm here whenever you need someone to listen without judgment.

With love and understanding,

[Your name]

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