

Informal Letter Template for Inquiring About Mental Health

[Your Address]

[City, State, ZIP Code]

[Date]

Dear [Friend's Name],

I hope this letter finds you well. It's been a while since we last caught up, and I've been thinking about you lately. I just wanted to check in and see how you're really doing these days.

Life can get a bit overwhelming at times, and I want you to know that you're not alone. How have you been feeling lately? Is there anything on your mind that you'd like to talk about or share? I'm always here if you need someone to listen or just chat about anything at all.

If things have been tough (and it's completely okay if they have), please remember that it's okay to ask for help. No judgment-just genuine care and support from me. If there's anything I can do, or if you just need someone to hang out with, let me know.

You're important to me, and I care about your well-being. Take all the time you need to reply-there's no rush. Just know that I'm always here for you.

Take care and talk soon,
[Your Name]