

Hey [Family Member's Name],

I just wanted to take a moment to let you know how much I care about you and how strong I think you are. I can't even imagine what you're going through right now, but I want you to know that I'm here for you every step of the way. If you need to talk, cry, or just sit in silence, I'm here.

We'll face this challenge together, and no matter what happens, remember that you are deeply loved. Please let me know if there's anything you need or anything I can do to make things a little easier for you. You're not alone in this, and we're all here to support you in any way we can. Take care of yourself, and remember, I've got your back.