

I understand that you're going through a really tough time right now, and it's okay to feel the way you do. I want you to know that I'm here for you, and you don't have to go through this alone. If you want to talk about what's on your mind or need a distraction, I'm here to listen or do something with you that helps you feel better. Your feelings are important, and we'll navigate this together, one step at a time.