Dear [Name],

I wanted to take a moment to express my deepest gratitude for the help and support you provided me during [specific situation]. Your assistance and expertise were invaluable, and I couldn't have done it without you.

I particularly appreciate the time and effort you took to [specific action]. Your guidance and advice were so helpful, and I am so grateful for your willingness to help.

I cannot thank you enough for your generosity and kindness. Your help has made a positive impact on my [situation/project/life], and I am truly grateful.

I hope that we can keep in touch, and I would be happy to return the favour in any way that I can.

Sincerely, [Your Name]