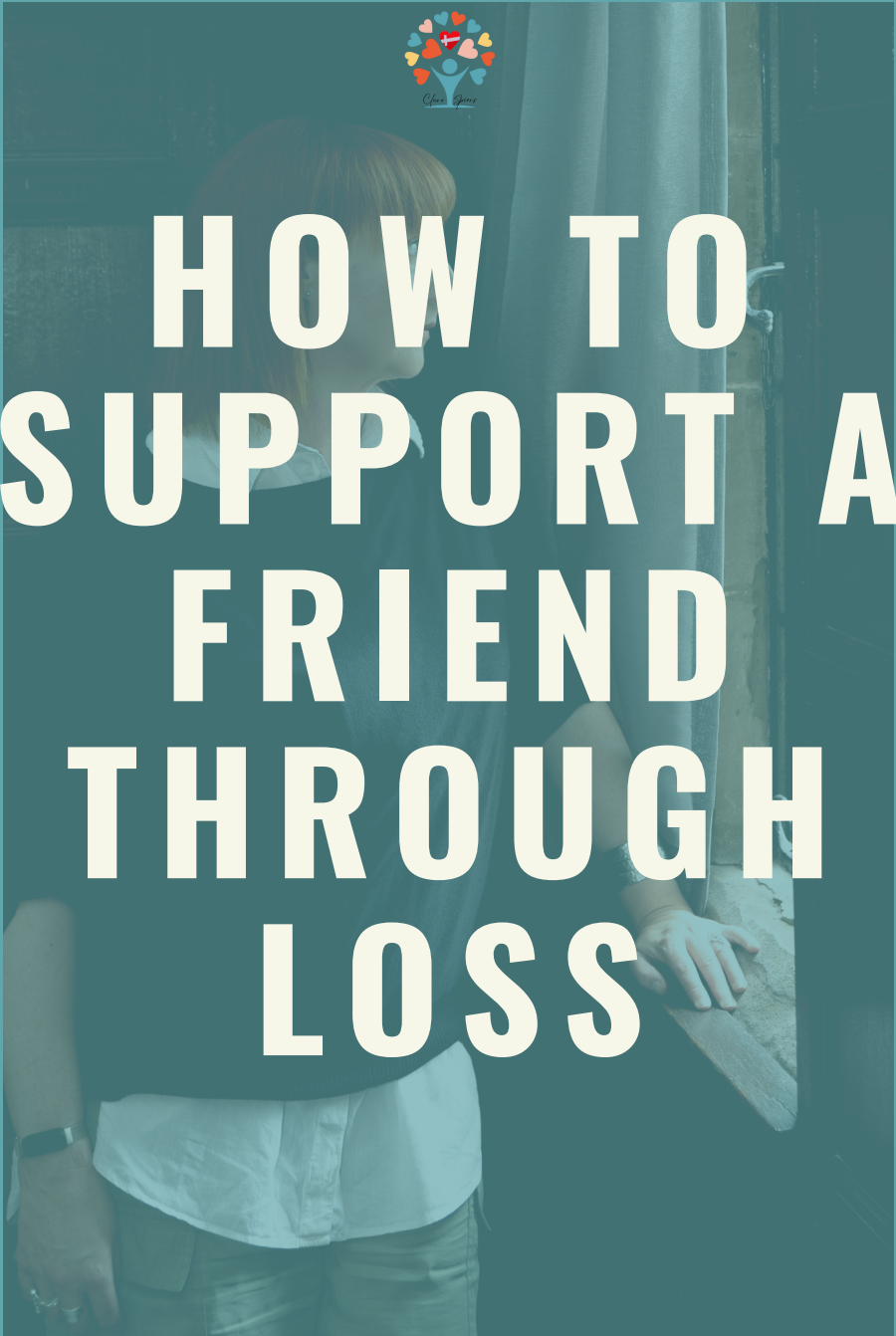




HOW TO SUPPORT A FRIEND THROUGH LOSS





- SAY SOMETHING (EVEN IF IT FEELS AWKWARD)

Silence can feel like absence.

A simple message is better than waiting for the “right” words.

What to say:

- “I’m so sorry. I’m here for you, whatever you need.”
- “I don’t have the right words, but I care about you and I’m thinking of you.”

Real-world example (text):

“Hey, I just heard about your dad. I’m really sorry. You don’t need to reply, I just wanted you to know I’m here and thinking of you.”



DON'T ASK "LET ME KNOW IF YOU NEED ANYTHING"

It puts the burden on them. Instead, offer something specific.

Better approach:

- "I'm free to talk tonight if that helps."
- "Can I order you dinner this week?"
- "I can call you on Sunday and just sit with you no pressure to talk."

Real-world example:

"I'm going to send you a takeaway tomorrow night, any dietary stuff I should know or should I just pick something comforting?"



SHOW UP CONSISTENTLY (NOT JUST ONCE)

Grief doesn't follow a schedule. People often get a flood of support at first then silence.

What this looks like:

- Check in a few days later, then a week later, then a month later.
- Remember important dates (funeral, anniversaries, birthdays).

Real-world example:

"Hey, I know it's been a couple of weeks since everything happened. Just wanted to check in and say I'm here."





USE DISTANCE CREATIVELY

You don't need to be physically present to be genuinely supportive.

Things you can do from afar:

- Send food deliveries or groceries
- Arrange a care package (snacks, tea, a handwritten note)
- Schedule a video call where you just keep them company
- Help with practical stuff (researching paperwork, making calls if appropriate)

Real-world example:

You send them a simple package: their favourite biscuits, a candle and a note that says, "No need to say anything just wanted you to have something small from me."



LET THEM LEAD THE CONVERSATION



Some people want to talk. Others don't. Both are okay.

How to handle it:

- Follow their cues
- Don't force positivity or "closure"
- Be okay with silence

Real-world example:

On a call, they don't say much.

Instead of filling the silence, you say:

"I'm happy to just sit here with you. We don't have to talk."



—

AVOID TRYING TO FIX IT

There's no solution to grief. Advice can feel dismissive, even if well-intentioned.

Avoid:

- "Everything happens for a reason"
- "At least they lived a long life"
- Comparing it to your own experiences too quickly

What to do instead:

- Acknowledge the pain
- Validate their feelings

Real-world example:

"That sounds really heavy. I can't imagine how hard that must feel."

— KEEP THEIR PERSON PRESENT

People often stop mentioning the person who died but many grieving people want to talk about them.

What this looks like:

- Share a memory
- Say the person's name
- Acknowledge their importance

Real-world example:

"I was thinking about your mum today she was always so warm to me. I'm really glad I got to meet her."



PLAY THE LONG GAME

Grief doesn't end after the funeral. Your support matters most weeks and months later.

Real-world example:

On the anniversary:

“Hey, I know today might be tough. I'm thinking of you here if you want to talk or just distract yourself.”



IF THIS RESONATES

Supporting a friend through loss can feel really hard especially when their grief feels intense, prolonged or like they're struggling to cope.

If your friend would benefit from focussed support from a grief specialist you're welcome to share my details with them.

Here's how to reach me:

Email: clare@peopleboost.co.uk

Phone: 07885 194 728

Or, if they prefer, they can [book a free discovery call](#).

We'll talk at their pace in a safe, supportive space and explore what kind of help would be most useful for them right now.

Grief doesn't have to be carried alone and if it feels too heavy, support is available.