

# How to support someone who is grieving

## Make contact



Reach out and let the person know you're there for them



Acknowledge you may not know what to say or do - most of us don't



Avoid telling someone what to do or how to think



Do something practical in the days, weeks *and* months to follow



It's ok to talk about someone who has died and acknowledge special days. Ask the person if you're unsure.

## What can I say?



"I don't know what to say but I'm here."

"I'm texting to say I'm thinking about you. It's ok if you don't reply."

"I can see how hard this is. Do you want to talk about it?"

"If you'd prefer not to talk about him right now, we could do something else?"

"I know it's her birthday this week. Would you like us to do something?"



## What can I do?

- Do something practical - cook a meal, look after children and pets, help with shopping and odd jobs
- Share memories and talk about the person who has died
- Listen to and accept their grief
- Offer positive distractions from grief



## Take care of your emotional and mental well-being

Supporting someone who is grieving can be difficult. Recognise the toll on yourself and consider finding help too.