

# Send Some Love

*It's never too soon or too late to write a note of support.*

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- 1 Offer your sincere expression of sympathy.  
*If you don't know what to say, it's ok to admit it.*
- 2 Talk about the person who died by name. Share a memory or what you will miss about them. If you didn't know them, you could offer to listen to stories about them when the grieving person is ready.
- 3 Offer tangible support. Think about something that you can offer and will be able to follow through on.
- 4 Close with care.



## BETTER TO AVOID

### **Platitudes such as:**

"Everything happens for a reason."

"They're in a better place now."

### **Anything that starts with:**

"At least. . ."

"I know how you feel. . ."

"It could be worse. . ."

"Don't cry. . ."

"They wouldn't want you to be. . ."

"You can always. . ."

"You should. . ."

### **Pro tip from Megan Devine:**

"If you can add 'so don't feel so sad' at the end of what you're thinking of saying, don't say it."