

Ideas to support someone who is grieving

Acknowledge. Show up. Check in.

Acknowledge:

The loss

"I'm sorry this happened to you."

The grief

"I won't pretend to know what you're going through or how you feel, but I'm here for you."



Support:

Offer to spend time together

"Would you like some company? We could go for a walk."

Support how they need to grieve

"Whatever you're feeling is alright. I'm here even if you don't know what you need."

Be specific with offers of help

"Can I walk your dog? Bring you dinner? Mow your lawn?"

Keep checking in

"Just letting you know I'm thinking of you."

Know the importance of small gestures

"You're welcome to join us for dinner if you're feeling up to it."

Show you care, follow their lead, and listen

"If you would like to talk, I'm here to listen."

Don't let discomfort stop you

"We don't have to talk. We can just be together."