

How to be there for Someone Grieving

Share your love and care:

“I am so sorry for your loss.”

“I am here for you.”

“My favorite memory of them is...”

“Know that I am just a phone call or text away.”

“If you need anything at all, please let me know.”

“I’d like to (cook, do yard work, etc.), can I do that for you?”

“Is it okay if I check-in on you in the next couple days?”

Give them a hug

Say nothing, just keep them company.

Don’t “fix it”

While we all want to help others feel better, sometimes our good intentions of wanting to “fix” their grief can lead to them feeling worse. Be supportive, but don’t offer unsolicited advice. Recognize their loss without trying to change their feelings.

Remember

This is a healing process, and it does not follow any type of timelines. It is a painful and slow process. There are many different normal and common responses to grief including denial, shock, anger, questioning, guilt, depression, loneliness, acceptance, and hopefulness.

Be patient with and respectful of their grieving.

If you are worried about their well-being, tell them.