

# HOW TO BE THERE FOR SOMEONE GRIEVING

Death is an inevitable part of life. It is a natural reaction to want to help someone who is grieving. This guide provides tips for how to best be there for someone who is grieving a loss.

## Share your love & care

"I am so sorry for your loss."

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

"I am here for you."

"I'd like to [cook, do yard work, etc.], can I do that for you?"

Give them a hug.

"You and your loved one are in my thoughts and prayers."

"My favorite memory of them is..."

Say nothing, just keep them company.

"Know that I am just a phone call away."

## 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. If they are at risk of suicide, offer to help connect them to a professional and share the National Suicide Prevention Lifeline:

800-273-8255.