

How to Support Someone Who is Grieving

Simple ways to show care, offer support, and avoid causing harm.

Be Present

- Let them know you are there for them
- Spend time with them, even quietly
- Consistency matters more than finding the right words

What You Can Say

- “I’m so sorry for your loss.”
- “I’m here for you, no matter what.”
- “You don’t have to go through this alone.”
- “It’s okay to feel however you’re feeling.”

How to Support Day-to-Day

- Offer specific help (meals, rides, errands)
- Check in regularly, even with a simple message
- Be patient—grief does not follow a timeline
- Respect if they need space

Listen Without Fixing

- Allow them to share at their own pace
- Avoid interrupting or trying to solve their feelings
- Acknowledge their emotions without judgment
- Silence can be supportive

KEY REMINDERS

GRIEF SUPPORT RESOURCE LIBRARY

- Everyone grieves differently
- There is no timeline for healing
- Your presence matters more than perfect words
- Small acts of care can make a meaningful difference

WHAT TO AVOID

- Saying things like 'everything happens for a reason'
- Trying to fix or minimize their feelings
- Comparing their grief to others
- Disappearing after the initial loss

You don't have to have the perfect words—showing up with care and consistency is what matters most.