

How to Support Someone Who's Bereaved

What grieving people would say if they could talk about it

Try not to say 'How are you?'

It's too big a question because my life has changed. Try 'Fancy a chat?' or just 'Hello!'.

Avoid platitudes

Don't try to justify their death by saying things like 'Her suffering is over.' or 'He's in a better place.' Try 'I'm sorry you're so sad.' to recognise my pain.

Don't avoid me

I don't have the energy to reach out but I feel abandoned when you're silent.

Say their name

Hearing it won't make me sadder & I love to hear your own memories of them.

Don't let awkwardness get in the way

I appreciate your kindness, even if it makes me cry.

Listen to me

Let me tell my stories & share memories. I need to feel my past happiness as well as my current sadness.

Don't try to cheer me up

It isn't possible. You might not know what to say but I appreciate you getting in touch anyway.

Help me get back to familiar routines

I might need support to return to work or social groups. Ask me what help I'd like - we're all different.

Offer me practical help

Specific offers of help are easier to accept or turn down - to walk my dog, cook something for my freezer, get me some shopping.

Keep checking in

Please don't stop after a week or a month or even a year. My grief has no time limit & it's different for everyone.



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or for someone you know
tinyurl.com/3vx68ydt

Persona
We're all about you