

HOW TO SUPPORT OTHERS WITH BEREAVEMENT AND GRIEF

01



Stay in touch with them on a regular basis and let them know you are thinking about them

02



Ask to see if there is anything you can do that will be helpful or supportive

03



Be there to listen to what it is they have to say

04



Thoughtful gestures can be a helpful way to support a friend or close relative

05



Highlight charities or support agencies who can offer extra help if they are struggling

06



Grief can often take a long time so be patient and understanding

07



Everyone responds and reacts differently to grief. Avoid judgement and support someone to heal at their own pace

08



Assist helping with daily tasks and activities such as shopping or cooking a meal

 @BELIEVEPHQ



Help For Your Grief

L Darling-Hammond



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