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# SUPPORTING THE BEREAVED

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## REACH OUT

Try not be afraid to show you care and are there to offer support.



## LISTEN

Create space for them to speak without interjecting.



## RESPECT THE LOSS

Acknowledge the pain caused by the loss and the severity of the situation.



## OFFER PRACTICAL SUPPORT

Offer to help them with crucial everyday tasks, such as household chores or getting groceries.



## BE OBSERVANT

Encourage them to seek professional help if you notice signs of depression (ex: obsession with death, substance abuse).



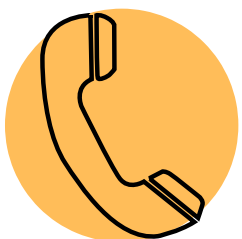
## PROVIDE ONGOING SUPPORT

They may need your support for months or years, do not make assumptions based on outward appearances.



## TRY NOT TO EXPLAIN THE LOSS

Words meant to console the bereaved may have the opposite effect, simply listening is more helpful.



## ANTICIPATE, DON'T ASK

Try to take initiative, and make yourself available for support instead of waiting for them to come to you.



## STAY PRESENT & STATE THE TRUTH

Focus on the moment and avoid statements such as "it'll get better" or "time heals all."

