



How can you help a friend in need?

Someone you know has experienced the death of a loved one.

You want to help, but you aren't sure how. What do you say?

What do you do? How can you help a grieving friend?



Be there

Be there to listen if they want to talk about a person who died.

Be there to sit with them even when they don't feel like talking.

Be there to offer a hug when they need it.

Be there to visit, call, send an e-mail, a text message or a card.

Be there and just be yourself.