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 …

… to listen if they want to talk about the person who died.

… to sit with them even when they don’t feel like talking.

… to offer a hug when they need it.

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

… and just be yourself.