



Digital Support Kit

Supporting Someone in Grief from Afar



How to support someone in grief

- A. Reach Out
- B. Listen with Compassion
- C. Offer specific help
- D. Be there for the long haul

A. Reach Out

Step 1) Find a platform

Text/Voice Only Options:

Text Message

Facebook/Instagram Message

WhatsApp

Phone Call

Video Options:

Google Hangouts

Zoom

Skype

Houseparty (also supports games)

A. Reach Out

Step 2) Decide what to say

Do say things like:

“I am so sorry for your loss”

“I am here for you.”

Use their loved one’s name

Share a memory of their loved one

Don’t say things like:

“How are you?”

“I know how you feel.”

“At least...”

If you aren’t sure what to say, send one of these images with a note that you are thinking about them >>

Sending a
virtual hug



You can't feel it, but it's there.

grievewell.com

This sucks.



I am here for you.

A field of orange poppies and green grass with a white text box overlay. The text is centered and reads:

**THOSE WE LOVE DON'T GO AWAY,
THEY WALK BESIDE US EVERY DAY.
UNSEEN, UNHEARD BUT ALWAYS
NEAR, STILL LOVED, STILL MISSED,
AND HELD SO DEAR.**



*“What is lovely never
dies, but passes into other
loveliness.”*

-Thomas Bailey Aldrich

B. Listen with Compassion

When you speak with someone in grief, the best gift you can give them is the opportunity to share and know they have been heard.

Tips for active listening:

- **Be present during the conversation**
- **Be comfortable with pauses**
- **Paraphrase, restate, and reflect**
- **Ask open-ended questions**
- **Put in the time and energy**
- **Talk less, listen more**

Find more at [GrieveWell.com/resources/](https://www.grievewell.com/resources/)

C. Offer Specific Help

Sometimes people don't know what they need or how to ask when they are grieving. Offer to do something specific even if it's small.

**Here are some ideas of help
you can offer from afar >>**

I just wanted you to know

I am here for you, I care about you

And I will be there to...

- Listen to you
- Help you plan
- Cry with you on the phone
- Share memories
- Set up a reoccurring Kleenex order for you
- Send you food
- Check in with you
- Commemorate anniversaries
- Send you songs to listen to

D. Be There for the Long Haul

Grief has no timeline. People will still be grieving their loved one for months and years.

But after the funeral, family and friends go back to their lives and the griever is often left feeling isolated.

This looks a bit like this >>



**This is why is it is so
important to be there
and provide support
for the long haul.**



Other things you can do

Share resources

There are hundreds of free resources online. Here are some recommendations:

[GrieveWell.com](https://www.grievewell.com)

[Whatsyourgrief.com](https://www.whatsyourgrief.com)

[Modernloss.com](https://www.modernloss.com)

Invite them to things

Set up a digital happy hour, send an invite to play a game online, or share a virtual class or performance you can experience together.

Find some options at [GrieveWell.com/calendar/](https://www.grievewell.com/calendar/)

Other things you can do (cont.)

Send a gift card

Instead of flowers or a sympathy card, send a gift card so that they can treat themselves to carry out, coffee, or a self-care item.

Donate or volunteer in memory

Find an event or charity that you can pledge to in memory of their loved one. This is a great way to show that you are thinking about them and their loved one.

"No act of kindness, no matter how small, is ever wasted."

-Aesop

