



The Do's & Don'ts of Supporting Someone in Grief



Do's

Say "I am so sorry for your loss"
and "I am here for you."

Reach out.

Listen with compassion.

Accept silence.

Offer specific help.

Be there for the long haul.

Use the name of their loved one.

Don'ts

Ask "How are you?" or say
"I know how you feel."

Use sentences that start with "At
least..."

Try to lessen the grief.

Avoid the loss because of your
own discomfort.
