

Helpful tips



Listen, listen then listen some more

This is probably the most important thing you can do for someone who is grieving. Having someone who is willing to listen can make all the difference. Don't try to offer solutions or suggest what they should do. There isn't a way to fix this. Just let them tell you.

Reassure them that their feelings are normal

Normalising their reactions and emotions will help them to open up and reduce the urge to hide how they're feeling.

Don't judge - people need to have their feelings received without judgement or criticism

Try not to say anything that might be interpreted as a negative reaction to what they're telling you. Be aware of your body language and facial expressions too. This is incredibly important someone who is grieving will probably be more sensitive than usual because they're in a vulnerable place emotionally.

Recognise grieving does not have time boundaries

Grief is not linear and it is unhelpful to suggest timeframes because it adds extra pressure e.g. "You'll feel better in a few months"