

How to Support a Friend



When a friend is grieving, it can feel difficult to know what to say or do. The most important thing is to be present and offer genuine support. This might look like listening without judgment, helping with practical tasks, or simply sitting in silence with them. There's no right or wrong way to grieve, so focus on their needs and let them lead the way. Your consistent and compassionate presence can make all the difference during a challenging time.

SIMPLY BE THERE...

- ... by listening if they want to talk.
- ... by sitting silently with them.
- ... by offering a hug.
- ... by visiting.
- ... by calling.
- ... by checking in.
- ... by sending a card.
- ... by inviting them out.
- ... by just being yourself.

Sometimes, the greatest comfort we can offer a grieving friend isn't a perfect word or a grand gesture, but simply the unwavering promise of our quiet presence.