

How to Support a Grieving Friend

1. Say something simple and kind

You don't need perfect words. Something like "I'm really sorry about your mom/dad" or "I'm here for you."
Avoid asking for details about what happened.

2. Just be there

Your presence matters even if you're not talking about the loss. Sit with them, walk with them, or just hang out like normal.

3. Let them lead the conversation

Some days they may want to talk. Other days they won't. Follow their lead and don't push them to share more than they want to.

4. Keep inviting them to things

Even if they say no sometimes, it's important they still feel included. It can be helpful to make it okay for them to say yes or no.
Invite them to: play games, join group chats, join school activities, go for a walk etc.

5. Be patient with mood changes

Your friend might be sad, angry, quiet, tired, or not themselves. This is normal. Try not to take it personally.

6. Offer small acts of kindness

Little things mean a lot, such as:

- giving them a note
- bringing them their favorite snack
- sending a simple "thinking of you" or "I'm here for you" text

7. Keep things normal-don't act differently

They might appreciate doing regular things: playing sports, watching videos, hanging out, making jokes. Normal moments can help them feel grounded.

8. Don't spread rumors or talk about their loss with others.

Respect their privacy. Only share what they have said you can share with others.

9. Tell a trusted adult if you're worried about them

If your friend:

- talks about wanting to hurt themselves
- seems overwhelmed all the time or say they feel hopeless
- You must tell a teacher, counselor, or parent. You're not "snitching" - you're keeping them safe.

10. Be a steady friend

You don't have to fix anything. Just show up, be kind, and keep being their friend over time.