

When Someone You Know is Grieving

Do Say:

“I’m sad to hear your (friend/sibling/mother/father) died.”

“I can’t imagine how hard this must be for you.”

“If you want to talk about it, I’m here to listen.”

“What was _____ (use their name) like?”

“I don’t know what to say, but I want you to know I am here for you.”

Avoid Saying:

“I know how you feel”

“You’ve got to move on”

“Try not to think about it”

“You’ll be ok” or “It will be ok”

“Time heals” or “They’re in a better place”

“Stay positive”

“You shouldn’t feel that way”

Remember, *what* you say is not as important as just *being there*. There is no way to make it “better” for your grieving family member or friend. What most people who are grieving need is someone to be there who will listen and not judge them. Don’t be afraid to use the deceased person’s name or to share positive memories about them with your friend/family member if they are open to this. If they are not yet ready to talk or hear about the person, don’t push them to.



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