

Has someone important to you died?

Ideas to help your friend support you while you can't meet up

People cope in all sorts of ways when someone dies. Sometimes others want to help you in your grief, but aren't sure how. Here are some suggestions from other bereaved young people about ways your friend could support you. Tick the ones you think would help at the moment, and send it to your friend to help start the conversation.

Ask me how I am feeling – even though I may not always be able to tell you

Give me a break if I'm acting a bit strangely. I'm feeling very confused

Listen to me if you can – it helps get stuff off my chest and makes me feel better

Ask me if there is anything you can do if you notice I'm having a bad day

Be yourself and be my friend, even if you don't know what to say. It helps just knowing you are there for me

Help me keep memories alive by talking and remembering

Carry on telling me about what you're up to even if I don't seem to be listening

Help me to have fun and laugh sometimes. This doesn't mean I'm 'over it'

Talk to me about getting help from an adult if you are really worried about me

Stand up for me if I'm having a hard time

Ask me if I want to talk about what has happened and don't worry if I get upset, it helps knowing you care

Sometimes I may feel lonely. If you message me I'll know you are thinking about me even though we can't meet up

Please try
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