How to support someone who is grieving

Listen

One of the most helpful things you can do for someone who is bereaved is to listen. Give them a space to go over what's happened. You can also try asking them what the person was like when they were alive.

Offer practical help

Support with practical things can be really helpful when you are grieving. Try asking:

- How about I take the dog out for a walk this week?
- How about I pick up the kids from school this week?
- I have put together this food box with some ready meals and snacks for you.

Want to learn more?

Visit coop.co.uk/griefandbereavement for more information

Remember important dates

Take note of the anniversaries and birthdays of those who have died, and send a card, or message, or small gift on those special dates.

Understand that grief doesn't ever go away

Don't expect the person ever to get over the death of someone close – in time the pain becomes less overwhelming but there are still going to be times which are difficult years or decades later.

Support them to connect with the community

When someone dies all routine can be lost. Supporting those living with grief to connect with community led services can help them meet new people, and find a new routine. Not sure what's in your area? Find local groups at **co-operate.coop.co.uk**

You don't have to grieve alone...

Website: **cruse.org.uk**

National freephone helpline: **0808 808 1677**

Email: **helpline@cruse.org.uk**

Speak via CruseChat: **cruse.org.uk/get-support**

working in partnership with: Cruse Bereavement Support · Cruse Scotland Bereavement Support · co op It's what we do

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