

# How to have conversations following a bereavement

It can be heart-breaking for a bereaved person when people stop mentioning the person who died. Sometimes you might really want to help but just feel unsure about how to start.

Don't be afraid to bring up their name or the fact they are not here anymore. It is normal to want to start a conversation with 'How are you?' but this can be an impossible question to answer for a bereaved person. Better suggestions are 'How are you today?' or 'How have you been this week?'.

## Want to learn more?

Visit [coop.co.uk/griefandbereavement](https://coop.co.uk/griefandbereavement) for more information

Here are some things to consider if you want to start a conversation after more time has passed:

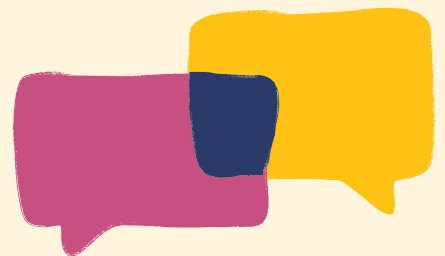
- I'll be thinking about you and your mum/dad/friend next week on your anniversary/their birthday/Mother's Day.
- I was thinking yesterday about that time when we all...
- I found these photos of your mum/dad/friend, did I ever share them with you?
- I read something in the paper that made me think of your mum/dad/friend...

## You don't have to grieve alone...

Website: [cruse.org.uk](https://cruse.org.uk)

National freephone helpline: **0808 808 1677**

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)



working in partnership with:

**Cruse**  
Bereavement  
Support



**Cruse**  
**Scotland**  
Bereavement Support



It's what we do