

# Supporting a Friend

## WHO IS GRIEVING

This could

### Be **HERE**

Let your friend know you are here for them, without any expectations.

### **EMPOWER**

Invite your friend to share what support they need now and know this may change as their grief changes.

### **LISTEN**

Take time to listen and really hear your friend. Let them know you are ready to listen when they're ready to share in the days, months, years ahead.

### Ask **PERMISSION**

Before sharing anything about your friend's loss

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### **HIDE or Ignore them**

Show up for your friend, ask them to do normal activities. Understand they might not feel like joining in but continue to invite them

### **UNDERVALUE their Experience**

Don't assume that you know what your friend's experience is like even if you had a similar loss.

### **RUSH - grief has no timeline**

Some days your friend may feel fine, some days they may be upset and other days they may be joking and laughing. There isn't always a rhyme or reason to grief.

### **TELL them how they should feel**

or what they should be doing.

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