

How can you help a friend in need?

Someone you know has experienced the death of a loved one. You want to help, but you aren't sure how. **What do you say? What do you do? How can you help a grieving friend?**

Be there ...

... to listen if they want to talk about the person who died.

... to sit with them even when they don't feel like talking.

... to offer a hug when they need it.

... to visit, call, send an e-mail, a text message or a card.

... and just be yourself.