

How can you help a grieving friend?

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

A photograph of two young women sitting outdoors on a grassy field, smiling and talking to each other. The woman on the left has her hair in a bun and is wearing a dark green tank top. The woman on the right has blonde hair and is wearing a white tank top with a pink bag around her waist. The background is a bright, sunny outdoor setting with other people visible in the distance.

**Be there to listen if
they want to talk.**