



Supporting Someone You Care About Who Is Grieving



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When someone you care about is grieving, it's natural to want to help — and just as natural to feel unsure how.

You may worry about saying the wrong thing, making things worse, or not doing enough. This guide is here to gently reassure you and offer simple ways to support someone who is grieving, without pressure or expectation.



Understanding Grief in Others

Grief looks different for everyone.

Someone who is grieving may:

- Appear quiet, withdrawn, or distant
- Seem irritable or emotionally sensitive
- Talk a lot about their loved one — or avoid the subject entirely
- Have good days followed by difficult ones
- Struggle with energy, motivation, or concentration

There is no “correct” way for grief to show itself, and it can change over time.



What Truly Helps (Even If It Feels Small)

Often, the most meaningful support is simple and steady.

Be present

You don't need to have the right words. Sitting with someone, listening, or simply being there can bring comfort.

Acknowledge their loss

Using their loved one's name or acknowledging important dates can help them feel seen and understood.

Offer practical help

Small, specific offers — such as cooking a meal, helping with errands, or childcare — are often easier to accept than general offers of help.

Allow emotions without fixing

Grief doesn't need solutions. Letting someone cry, talk, or sit in silence without trying to make it better can be incredibly supportive.

Things to Gently Avoid

While always well-intentioned, some responses can feel unhelpful:

- Rushing someone to feel better
- Comparing their grief to others
- Offering reassurance that minimises their pain
- Avoiding the subject altogether

It's okay to say, *"I don't know what to say, but I'm here."* Honesty and kindness matter more than perfect words.

Supporting Over Time

Grief doesn't end after the funeral or in the weeks that follow. Many people find the longer-term support just as important.

You might help by:

- Checking in weeks or months later
- Remembering anniversaries or special dates
- Continuing to invite them to things without pressure
- Accepting that their needs may change

Consistency shows care.

Looking After Yourself Too

Supporting someone who is grieving can be emotionally demanding.

It's important to:

- Set boundaries when needed
- Accept that you can't fix their grief
- Take breaks without guilt
- Seek support for yourself if needed

Caring for yourself allows you to continue caring for others.

When Additional Support May Help

If the person you care about is:

- Struggling to cope day to day
- Withdrawing completely
- Experiencing overwhelming distress
- Finding their grief affecting their health or safety

Encouraging additional support may be helpful. This could include speaking to their GP, a counsellor, or accessing bereavement support services.

We have created a range of **free bereavement support guides** that may help both those who are grieving and those supporting them. These guides can be shared gently, without pressure, and explored at their own pace.





A Gentle Reminder

You don't have to fix their pain.
You don't have to say the perfect thing.
And you don't have to carry this alone.

Your presence, patience, and compassion already matter more than you realise.

At **Complete Funeral Care**, we believe support extends beyond the funeral — to families, friends, and loved ones walking alongside those who are grieving.

*******  *If you are in immediate distress or feel unsafe, please call **999**, seek urgent medical support or contact a crisis service straight away on **116 123** (Samaritans)*  *******