

Supporting a bereaved loved one

Supporting someone who is going into grief, you need to take things at their pace. Bereaved caregivers need time to adjust after their loss.

Below are useful tips we suggest to use when you are supporting someone who is grieving

- Check in regularly – make them feel supported and cared about.
- Understand that some days they may need their own space, support them and don't make them feel guilty about it.
- Help them to continue with their routines as much as possible
- Encourage them to keep connected with others. Include them and keep offering invitations, even if they're declined.
- Keep them connected with others. Keep inviting them even though they had dropped your invitation several times.
- When a whole family, whānau or group is grieving the same loss, a young person can get overlooked. Give them time and attention, and involve them in making plans and choices
- A long time after a loss, even years afterwards, a young person can experience new waves of grief. At different ages and stages, or as new milestones are reached, it's normal for them to sometimes think about the loss and feel grief. Expect this. They may have new questions. Look out for when some extra support might be needed.
- Comfort them in the toughest times with hugs, making time for tears, encouragement or just being there. Or offer practical help, like driving them somewhere, fixing something broken or sorting something out for them.
- Help them take a break from grief. You could watch a movie, watch a comedy on TV, listen to music, hang out with friends or play sport together.
- If you're very concerned about how intensely grief is affecting them, encourage them, or offer to take them, to see a doctor or other support professional, such as a counsellor, psychologist, social worker, community or youth worker or a local family/youth support agency.