



The Jewish Board
Health and Human Services for All New Yorkers

6 TIPS FOR SUPPORTING A GRIEVING FAMILY MEMBER OR FRIEND

When a family member or friend experiences loss, knowing how to support them can be difficult. Amidst this uncertainty, however, one thing remains clear: the need for genuine empathy and understanding.

1 Be Present and Attentive

Simply being there can provide immense comfort to your family member or friend. Whether sitting with them, even in silence, or checking in with them regularly, you show them you're available and thinking of them. Listen actively and acknowledge their pain with empathetic phrases like "I'm here for you."

2 Offer Practical Help

Grieving can make daily tasks overwhelming. Help by cooking meals, running errands, or handling chores. Instead of saying, "Let me know if you need anything," offer specific help like, "Can I pick up groceries for you this week?" Continue providing assistance as they adjust to life without their loved one.

3 Respect Their Grieving Process

Everyone grieves differently. Respect their way of coping, whether they want to talk or prefer solitude. Be patient with emotional ups and downs, understanding that grief has no set timeline and offer support without imposing your expectations.

4 Share Memories

Sharing positive memories can be comforting. Reminisce about happy times you shared together, recounting specific events and moments that brought joy. This can help keep their memory alive and provide solace amidst the grief.

5 Show Compassionate Gestures

Small acts like sending a card, flowers, or a gift can show you care. Help organize a memorial if they wish. Invite them for a walk, coffee, or other low-pressure activities. Be mindful of anniversaries, birthdays, and holidays, reaching out for extra support during these tough times.

6 Encourage Professional and Outside Support

If they are deeply struggling, professional guidance, such as a grief counselor or support groups, can be crucial in the healing process. Encourage seeking help and activities like journaling, art, or joining bereavement groups to express their emotions constructively.

In times of grief, simply being there can make all the difference. With empathy, patience, and a willingness to listen, we can support our family members or friends, helping them navigate healing and reminding them they are not alone.

For more resources and support:

Visit [jewishboard.org/bereavement](https://www.jewishboard.org/bereavement) or reach out to us at bereavementsupport@jbfcs.org or **212-632-4608**.