

Asking for Support While Grieving

You do not need to carry grief alone. Support can be emotional, practical, professional or simply someone's presence.

Who already knows I am struggling?

Who makes me feel safe and heard?

What practical help would make a difference?

What emotional support do I need?

What makes asking difficult?

What would I like people not to say or do?

A sentence I could use to ask for support is...

One person or service I could reach out to is...