

What I Need When I'm Grieving



Grief can change what we need from other people and from ourselves. Those needs may also change from one day or moment to the next.



SUPPORT CAN LOOK DIFFERENT

Sometimes we may want to talk. At other times we may want quiet company, practical help, distraction or space. There is no single form of support that suits everyone.



NEEDS CAN CHANGE

What helped yesterday may not be what you need today. It is okay to change your mind, ask for something different or not know what would help yet.



PEOPLE MAY NOT KNOW WHAT TO SAY

People often care but feel unsure about how to respond to grief. When it feels possible, being specific about what helps can make support easier for both of you.



BOUNDARIES ARE ALSO A NEED

You can choose what you want to talk about, who you want to talk with and when you need space. You do not have to manage other people's discomfort with your grief.

IT CAN HELP TO BE SPECIFIC

Instead of needing to explain everything, a simple request can be enough: "Can you sit with me?", "Could you help with dinner?", "I don't want advice right now", or "Can we talk about something else for a while?"

You are allowed to need support - and to have limits.

You do not need to make your grief easier for other people.

My Support Needs



Use these prompts to identify what feels helpful, what feels less helpful and what you may want the people around you to understand.

WHEN I AM HAVING A HARD DAY, IT HELPS WHEN...

Think about what feels supportive: listening, quiet company, practical help, checking in, distraction, space or something else.

THINGS PEOPLE SAY OR DO THAT HELP ME

Words, actions or ways of responding that leave you feeling understood, supported or less alone.

THINGS THAT ARE LESS HELPFUL FOR ME

Advice, questions, comments, expectations or responses that make things harder - even when they are well-intended.

PRACTICAL HELP I COULD USE

Meals, transport, errands, childcare, paperwork, reminders, company at appointments or other everyday tasks.

WHEN I NEED SPACE, I WOULD LIKE PEOPLE TO KNOW...

What would respectful space look like for you? How could people stay connected without adding pressure?

ONE THING I WOULD LIKE TO ASK FOR

Choose one small, specific request you could make to someone you trust.

You can share this page

If useful, share parts of it with someone you trust so they have a clearer idea of how to support you.