



Kids and Teens Helping Each Other: How to Support a Friend That is Grieving

- **Listen.** One of the best things you can do is listen to how your friend is feeling.
- It is natural to feel like you don't know what to say to your friend. It is okay to say "I don't know what to say," or "I'm sorry for your loss."
- Stand by your friend – don't disappear after the funeral. Invite and include your friend in activities as you normally would.
- Be a helping hand. Volunteer to help your friend with school work, specific jobs or chores rather than just say, "Let me know if you need anything."
- Encourage your friend to get help and support while grieving. A close family member, coach, pastor, or a school counselor can provide extra support and be a good listening ear.
- Kate's Club is a special place for grieving children and their families to play, share and grieve. It is important for grieving kids, teens and adults to know they are not alone and there is hope for the future.

RED FLAGS

Please ask for help if you notice the following behaviors from your friends:

- Extreme change in sleeping habits
- Eating changes
- Extreme isolation
- Self-harm or talk of self-harm
- Extreme change in hygiene or appearance
- Withdrawal from activities previously enjoyed