



# Supporting a friend through loss



South West Yorkshire Partnership  
NHS Foundation Trust



If someone close to your friend died, your friend will be grieving. Grieving or grief happens when a person has lost, or will lose, someone important to them. Grief is a process of going through many moods, emotions, or feelings. Grief is different for everyone and there is no right or wrong way to grieve.



When you have a friend that is sad, you may want to give them a hug or invite them to do something. It is different right now; we all have to stay apart from people who do not live with us. This will help keep people safe from coronavirus.



## Things you might notice about your friend:

*They eat less or more than usual. They are more quiet than usual.  
They get sad or angry easily. They might feel bad if something makes them happy or laugh.*

## What helps?

### Listen

they might repeat themselves, try not to interrupt



### Be patient

they might want someone around and not talk



### Be there

remind them you are there for them if you haven't talked for a while



Find out more by clicking on "helping a friend" at: [www.childline.org.uk](http://www.childline.org.uk)  
Chat with someone at: [www.winstonswish.org/online-chat/](http://www.winstonswish.org/online-chat/)

## Ideas on how to be there



Watch a movie or TV show together over the phone, video call or by messaging



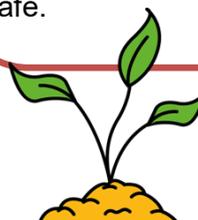
Send them and their family a sympathy card. If you can, get them a gift that will comfort them; a huggable plush toy or something squishy to squeeze



If you can't give them a hug, you can look at each other and hug yourselves. It may be silly but it's the closest you can do right now.

Someday we will be able to hug our friends again.

Tell school staff if you think your friend needs help. Even though there is no wrong way to grieve, they may need extra help if they say they don't want to be alive, they talk about hurting themselves, they lose a lot of weight or their mood is so low they won't respond. Your friend might not want you to tell someone but it will help keep them safe.



With all of us in mind.