



KEEP THIS CARD · NIKI HUMPHERYS

What to say to someone *who is grieving*

Try saying

- ♥ "I'm so sorry. I'm here for you."
- ♥ "I'm thinking of you and [name]."
- ♥ "I don't know what to say, but I'm not going anywhere."
- ♥ "Tell me about them. I'd love to hear."
- ♥ "Can I bring dinner on Tuesday?"

Gently skip

- × "At least..."
Try: "This is so hard."
- × "Everything happens for a reason."
Try: "I'm so sorry this happened."
- × "I know exactly how you feel."
Try: "I can't imagine. I'm here."
- × "Let me know if you need anything."
Try a specific offer instead.

Say their name. It's a gift, not a reminder.

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Sources: The Dougy Center (dougy.org); David Kessler (grief.com); The Compassionate Friends (compassionatefriends.org).



WHEN SOMEONE FEELS ALONE

Four steps *that can save a life*

Ask

Kindly and directly: "Are you thinking about suicide?"
Asking won't put the idea in their head.

Listen

Let them talk. You don't have to have the right words
or fix it.

Stay

Don't leave them alone if they are in danger. Stay
calm and close.

Connect

Call or text 988 together, or bring in a trusted adult.
Then check in again tomorrow.

988

Call or text 988, 24/7 (U.S.). Text HOME to 741741. In
danger right now? Call 911.

Healing is possible, at your own pace.

Niki Humpherys is a certified grief educator and coach, not a licensed therapist. This card is
for education and support.

Sources: #BeThe1to five action steps (bethe1to.com); 988 Suicide & Crisis Lifeline (988lifeline.org); Crisis Text
Line (crisistextline.org).



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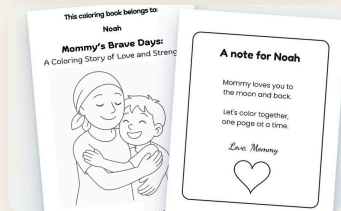
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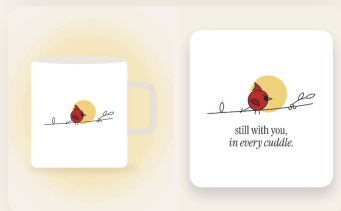
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