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ADVOCATING FOR YOUR NEEDS



What Do You Need? After someone dies, you might hear people say things like “Let me know if you need anything” to you, your family, or your friends. It can be hard to know what other people can do or how to ask for help when you’re grieving. You might also want different things from different people in your life (friends might be able to help in different ways than teachers, for example) Here are some ideas to think about.

You could...

- **Do something nonverbal:** Grief can be hard to put words to. Try drawing, making a collage, painting, making a playlist, or doing something else to get your feelings out of your head.
- **Talk or write:** Journaling, talking with a friend or someone you trust can help.
- **Move your body:** Whether you want to use a ton of energy or very little, moving can help express your emotions or shift your mood.
- **Make space for your emotions:** Feel what you feel in the moment, even if it doesn’t make sense.
- **Connect with others who understand:** Support and community can help you feel less alone in your grief.

Other people could...

- **Tell you the truth:** Answer your questions honestly.
- **Listen:** You might want to talk about your grief.
- **Talk about your person:** Share stories and memories.
- **Tell other people what happened:** Share updates for you.
- **Distract you:** Offer breaks from grief.
- **Let you choose who to be with:** Respect your comfort and choices.
- **Keep things the same:** Maintain comforting routines.
- **Do things differently:** Make space for change.
- **Adjust things for your needs:** Offer flexibility and support.

