Supporting the Bereaved

I need people who:
- Will let me cry and acknowledge my grief
- Will listen to me and not get bored, even when I repeat “my” story a dozen times
- Will give me a hug or hold my hand when words are inadequate
- Will stay with me when I need them
- Will not betray my confidences
- Will not betray my weaknesses
- Will offer avenues of support and courses of action but let me make my own choices as to what might be right for me

I do not need people who:
- Tell me it could have been worse—it cannot possibly get worse than this
- Tell me they understand. This is my grief and mine alone.
- Ignore my loss and pretend it hasn’t happened
- Encourage me to go to the doctor for pills (or to a counsellor who will understand?)
- Try to cheer me up all the time
- Tell me to put this behind me, move on and get on with my life.
- Give instant advice eg. Get back to work/study; take time off; have a holiday;
- Ask if I am better now

(And in the case of suicide
- Tell me X chose to die – I know that! )