



**DRIVEN TO HEAL**



  
**STARR**  
COMMONWEALTH  
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Adapted from  
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**HELPING A FRIEND  
WITH GRIEF**

## **My friend is hurting. What should I do?**

Be present for your friend. Call them. Go shopping with them. Shoot hoops. Talk. If they cry, let them. If they want to laugh and remember the person they lost, laugh with them. Be a friend.

## **What should I say?**

Say you are a friend and will always be there. Tell them that crying or yelling doesn't bother you. Let them know sitting quietly doesn't bother you either. If you're both religious, pray for your friend's family together. Don't feel that you have to say anything. Just be there.

## **What should I not say?**

Do NOT say:

- Everything will be all right
- I know how you feel
- Time will heal all
- (If religious) It's God will
- Just forget about it
- Life must go on
- You'll get over it soon



## **When are some really bad times?**

- When your friend first learns of the death
- During the funeral and right afterward
- When the numbness wears off and the intense pain begins
- First day back at school when everyone is treating them differently
- Prom or graduation
- Birthdays, holidays, anniversary of the death

## **What should I look out for?**

Watch for signs of depression, which can be displayed as anger, extreme silliness, or risk taking. Watch for substance abuse to dull the pain. Watch for signs of suicide such as giving away personal items or making comments such as, "Life isn't worth living anyway," or "Everyone would be better off without me."

**IF YOU HAVE ANY FEAR FOR YOUR FRIEND, CONTACT A COUNSELOR, TEACHER, OR PRINCIPAL IMMEDIATELY!**

**Remember, your friend is lucky because they have you!**