

Show up for your friend.

When a friend's person dies, it's normal to freeze and worry about saying the wrong thing. You don't need perfect words. Showing up is what matters.

What your friend may be feeling:

Different

Like no one at school gets what happened.

Wanting normal

Some days they'd rather talk about anything else.

Up and down

Fine one minute, upset the next. That's grief.

Pulling away

Skipping plans doesn't mean they don't care.

Ways to show up:

- **Text first.** A simple "thinking about you" is enough. No reply needed.
- **Keep inviting.** Even if they say no. They'll know you still want them there.
- **Follow their lead.** Let them decide if and how they talk about their person.
- **Just hang out.** Games, food, a drive. You don't have to talk about it.

Things to skip:

- **Comparing losses.** Your loss isn't the same as their story.
- **Spreading it.** Let your friend decide who knows and what gets shared.
- **Disappearing.** Going quiet because you're nervous can feel like being left.
- **Rushing them.** There's no deadline for feeling better. Months later still counts.

What to say:

SKIP

"I know how you feel."

SAY

"I don't know what to say, but I'm here."

SKIP

"At least they're not suffering."

SAY

"This is so unfair. I'm really sorry."

SKIP

"Text me if you need me."

SAY

"Want me to bring food or just come over?"

Know someone who needs this?

Cason's Place is free peer grief support for teens and kids in Eastern Oregon. It's a place to be around people your age who actually get it. Share this with your friend or a trusted adult.

casonspplace.org • 541-612-0828 • info@casonspplace.org

Twice monthly •
Located in
Pendleton • Always
free • Gas help
available