After someone dies, the weird/frustrating/awkward/rage-inducing “did you really just say that??” comments and questions from other people can seem never-ending...and every now and then, someone says something that actually helps. Grab your red pen and cross out all the not-helpful things people have said to you (add your own, too).

“THERE’S A REASON FOR EVERYTHING.”

“Were they vaccinated?”

How did they get it?

“How are you?”
(Said almost in a whisper with that weird, pitying head tilt)

“They wouldn’t want you to feel [sad] [angry] [guilty].”

“At least... no one else in your family died from COVID.”
The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

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employeerelieffund.org/brave-of-heart-fund

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