

Ways to Offer Support

Four different ways that you as individual, your team, and/or your company can offer support when an employee is grieving the death of a loved one.

01

Individual Support

Ask if they want to talk, ask about their loved one by name, bring them their favorite beverage, answer when they email, call, or text, set alerts for important dates like birthday, anniversary, death anniversary

02

Team Support

Run work errands for them, include them in social events and meetings, offer to do a task for them

03

Company Wide Support

Lawn care service, dry cleaning service, house cleaning service, meal delivery service

04

Things to Remember

Only offer what you are comfortable offering. It is okay if they say no! Allow them to decide what help they want/need that day.