



TIP SHEET: HOW TO SUPPORT A CHILD THROUGH GRIEF

A child losing a loved one isn't the same as an adult. They may experience the full spectrum of emotions quickly — sadness, anger, calm, anxiety — returning to play in prior developmental stages in response to grief. The following are some tips to follow when talking to them.

GRIEF MESSAGES FOR KIDS

- ◆ “People will still take care of you.”
- ◆ “Everything you’re feeling is okay.”
- ◆ “It’s okay to be sad, mad or scared.”
- ◆ “We can talk about anything you want.”
- ◆ “You can ask me any questions.”

WAYS TO HELP A CHILD

- ◆ Be age-appropriately honest.
- ◆ Follow their lead in play and discussions.
- ◆ Be patient with outbursts or regressions.
- ◆ Share and label your own feelings.
- ◆ Create opportunities to share memories.

FIND SUPPORT

- ◆ The 988 Suicide & Crisis Lifeline offers 24/7 judgment-free support for mental health, substance use, and more. Call or text 988 or chat 988lifeline.org.
- ◆ To learn how to get support for mental health, drug, and alcohol issues, visit FindSupport.gov.
- ◆ To locate treatment facilities or providers, visit FindTreatment.gov or call SAMHSA’s National Helpline at 800-662-HELP (4357).