

# Practical Ways to Support Those Who are Grieving

## YOU CAN OFFER TO:

### KEEP A RECORD OF

*Gifts, flowers, condolence cards, meals and donations received*

### HELP WITH

*Funeral arrangements, insurance forms and bills, cleaning and laundry, running errands*

### FOOD/SHOPPING

*Create a meal schedule, shop for groceries, drop off a kid-friendly meal, restaurant gift cards, supply of breath mints, thank-you notes and stamps*

### SUPPLY PAPER GOODS

*Paper plates, Kleenex, napkins, toilet tissue for guests; zip-lock bags for additional food after the funeral*

### BE A BUFFER

*Receive guests, handle phone calls and inquiries, cancel/ reschedule appointments*

### CHILDCARE

*Provide activities at home for young children, watch their kids, pick up kids after school, transport kids to sports and other activities*

### ONE ON ONE SUPPORT

*Provide transportation, accompany them to a support group meeting, take a walk together, take them to lunch or a movie, look after their pets*

## OTHER RESOURCES

### NAMI Howard County

Phone 410-410-772-9300 Fax 410-772-9307

[www.namihowardcounty.org](http://www.namihowardcounty.org)

### Grassroots Crisis Intervention

24-hour Crisis Hotline: 410-531-6677