



TCC Support Resources

TCC Behavioral Health

907-459-3800

Available 24/7

Option 2 for After Hours

Behavioral Health Crisis Line

Call 988 or Text 988

Available 24/7

Alaska Careline

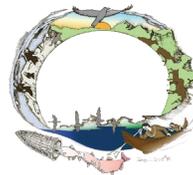
Call 1-877-266-4357 OR

Text 4help to 839863

Available 24/7

TCC Wellness & Prevention

Call 907-451-6682 ext. 3037



Tanana
Chiefs
Conference



Tanana
Chiefs
Conference

Ways to Help a Grieving Friend or Family Member



*Supporting
One Another
Through Loss*



Grief can feel overwhelming, and knowing what to say or do isn't always easy. This guide offers gentle ways to show up with care, compassion, and understanding.



Ways to Reach Out

Send a Short Text, Card or Message

- *Example:* “I’m thinking of you and wanted you to know you’re not alone.”

Call or Leave a Voicemail

- Do this without expecting a return call.
- Offer to listen, without trying to fix anything
- *Example:* “If you want to talk, I’m here to listen.”

Check In More Than Once

Support is often needed long after others have stopped asking.

If you want to help, be specific:

Instead of “Let me know if you need anything,” try:

- “Can I bring you a meal this week?”
- “Would it help if I watched the kids for an hour?”
- “I’m going to the store, can I pick something up for you?”



Ways to Be Supportive

Be Present

Put aside distractions and give your full attention. Simply being there for someone can bring comfort and support.

Practice Active Listening

Allow them to talk or cry without rushing to respond or fix things. Stephen R. Covey said, “Most people do not listen with the intent to understand; they listen with the intent to reply.” Sometimes sitting quietly together is the most powerful support.

Avoid Judgment

Listen without criticism and respect each person’s unique grieving process.

Validate Feelings

Let them know it’s okay to feel sad, angry, confused, or even to laugh. All feelings are normal in grief.

Remember Their Loved One

Talk about the person who has died. Share memories and help keep their memory alive.

Be Patient

Grief has no timeline. Check in regularly—especially during holidays or anniversaries. There will be good days and hard days.

What To Avoid

Words to Avoid

Do not say:

- “They’re in a better place.”
- “Everything happens for a reason.”
- “Be strong.”

These phrases can make someone feel like their feelings are not valid.

Trying to Fix the Pain

You cannot take away their grief. Avoid trying to cheer them up or giving unsolicited advice such as “You need to...”. Instead, simply listen.

Too Many Questions

Let them share what they feel comfortable sharing. Do not pressure them to talk about details of the death.

Taking It Personally

If they seem angry or withdrawn, remember this is grief talking—not necessarily about you. Try not to be offended.

Important Things to Remember

Being with someone while they are hurting is important. Everyone grieves in different ways and there are no right or wrong way to grieve. Find various ways to support them. Some simple ways to support them are: to bring a meal to them, help with small tasks around the house, run some errands, or just sit with them. Most Important, let them know you care and that they are not alone.