



Creating a Grief Support System

We all need support, especially during times of tragedy, change or loss. Use this handout to help create a grief support system and identify who you can go to for support.

1. List three people you feel comfortable talking to about anything.

2. List a place or two you can go that feels comfortable and safe.

3. Name three things you can do to let out different emotions without hurting yourself or others.

4. Name three activities you can do alone or with others to channel your emotions.

5. Name three things or people in your life who give you hope.
