



How do you help a grieving friend?

Created By [Refuge in Grief](#)

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Refuge in grief has created this touching video exploring how to help a friend who needs support. This animated video explores the idea that the way to help someone feel better is to let them be in pain rather than trying to fix them. Acknowledgement is key.

"If your life has exploded into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to be told this all happened for a reason. You certainly don't need to be told that you needed your pain in order to learn something about life. Some things cannot be fixed. They can only be carried."

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