Often, during trauma, the bereaved don’t realize how much help they need and don’t always know what to ask for or whom to ask.

Here are some encouragements:

1. You can and should ask for help **at any time**, **for anything** you need
   1. Friends and others want to help, but don’t know how to help you
   2. When someone offers help, write down in a notepad you keep with you, what they offered to do, along with their name and phone number—then call them when you need assistance with what they offered to do
2. Draw upon friends, relatives and even professionals for assistance to:
   1. Be empathic listeners to tell the story of what happened
   2. Make phone calls for you
   3. Be the contact person for information at your work, church or organization
   4. Compassionate care for the children
   5. Arrange for meals
   6. Remind you to eat, drink water and go for a walk
   7. Provide support and assistance for funeral arrangements
   8. Arrange housing and airport pickups for those coming in from out-of-town
   9. Clean your house or mow the lawn
   10. Help organize your bills and make sure they get paid
   11. Handle any household repairs or issues that arise