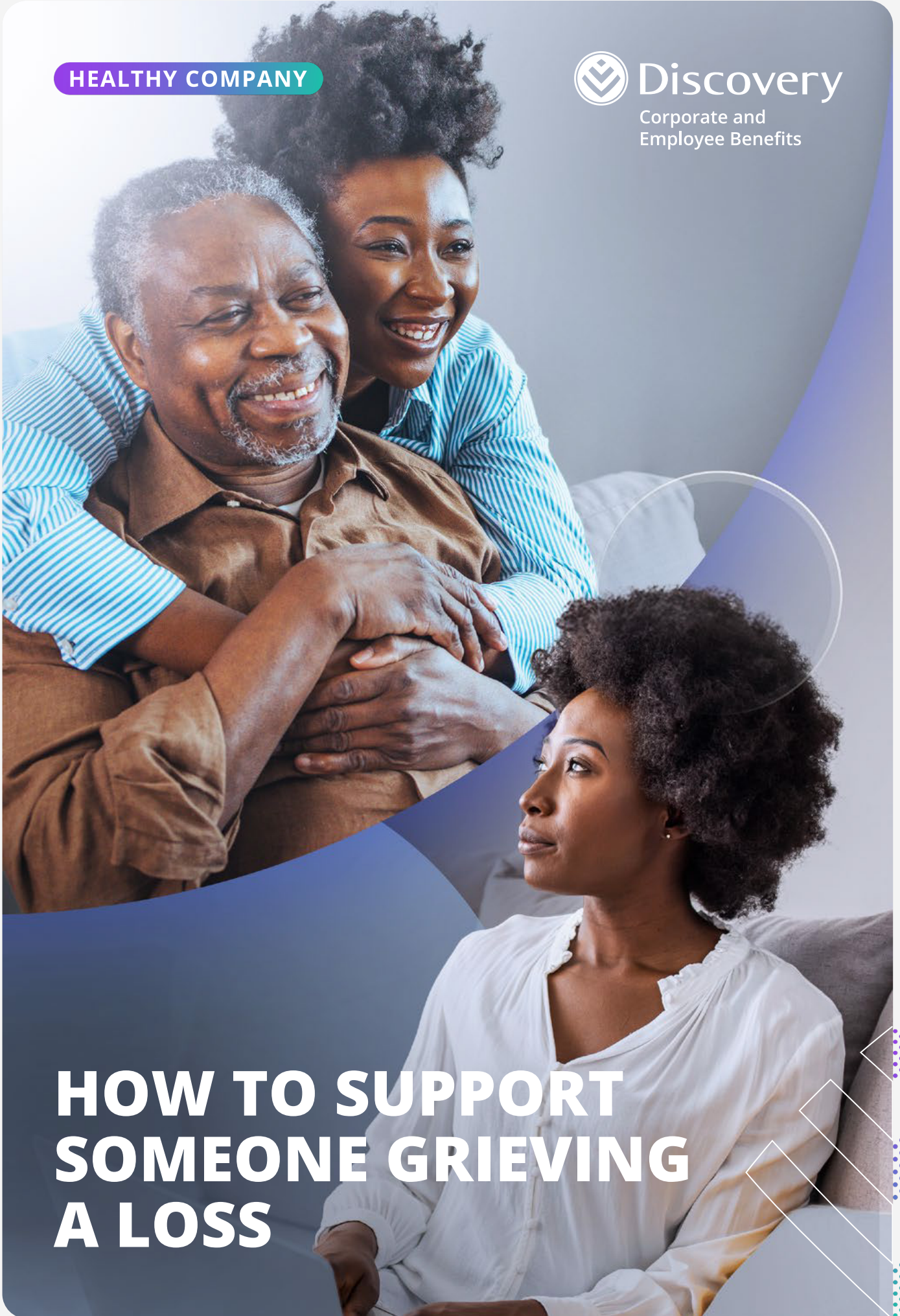


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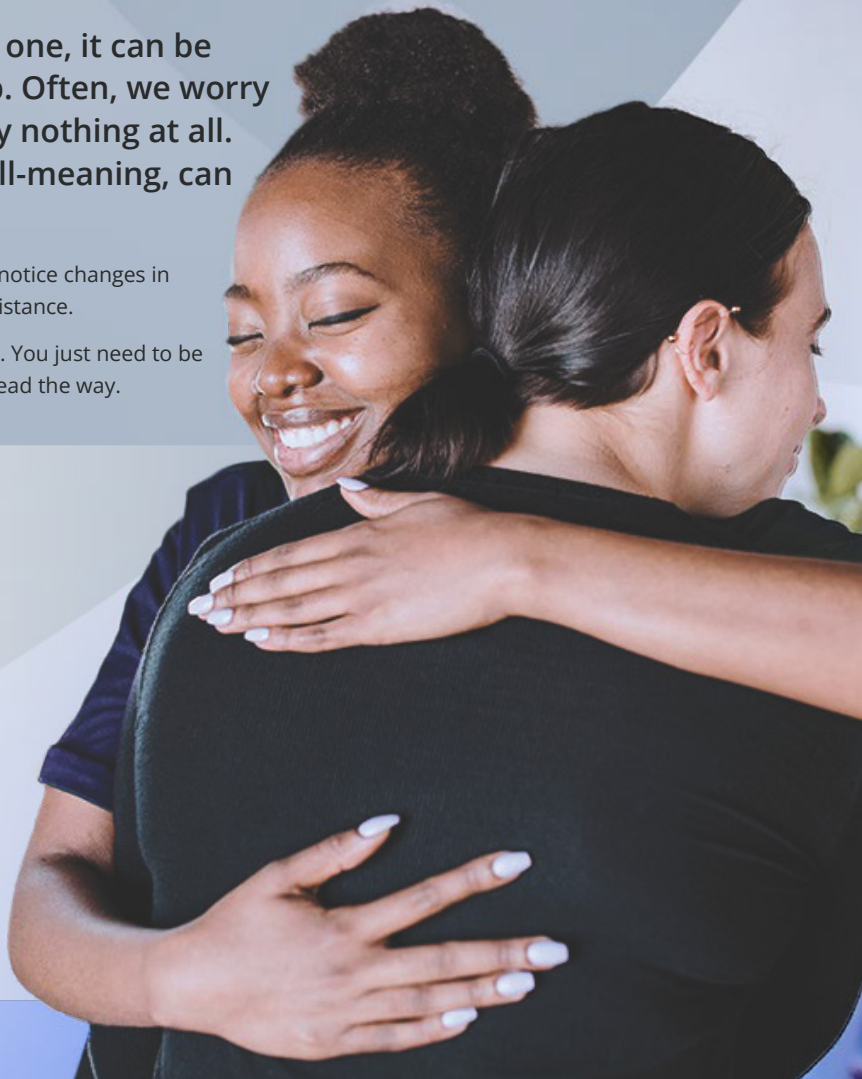


HOW TO SUPPORT SOMEONE GRIEVING A LOSS

When someone close to us loses a loved one, it can be hard to know what to say or how to help. Often, we worry about saying the wrong thing – so we say nothing at all. Yet, silence or avoidance, even when well-meaning, can deepen the person’s sense of isolation.

Grief comes with heightened sensitivity. A grieving person will notice changes in how others treat them – and this can either bring comfort or distance.

The good news is: **you don’t need to have the perfect words.** You just need to be present – to listen, to acknowledge their loss, and to let them lead the way.



What can I say?

Instead of avoiding the conversation, start simply. A gentle expression like *“I was so sorry to hear about your loss”* allows the person space to say *“thank you”* – or to open up, if they wish.

Let them decide if they want to talk. When no one mentions the loss, it can feel as if the world is trying to move on without recognising their pain. **Trust yourself.** If they don’t want to continue the conversation, they’ll let you know. Your willingness to listen is a powerful act of support.

Helping immediately after the loss

Support often means more than words. Small, respectful gestures can ease practical burdens and show genuine care.

If you feel unsure about what to say, **you’re not alone.** Here are some common phrases that can unintentionally hurt – and some alternatives that offer comfort.

What not to say:

- *“I know just how you feel. It was God’s will.”*
- *“At least you still have other children.”*
- *“They lived a long, full life.”*
- *“It’s time to move on. Be strong.”*
- *“There’s always a silver lining.”*
- *“They’re better off now. Call me if you need me.”*
- *“You need to be strong for your family.”*

What you could say instead:

- *“I’m so sorry.”*
- *“I can’t imagine how painful this must be.”*
- *“He/she meant a lot to so many people.”*
- *“I know you’ll miss them deeply.”*
- *“Take all the time you need.”*
- *“This must be incredibly hard.”*
- *Silence ... followed by a listening ear*
- *“We’ll all miss him/her.”*
- *“I’ll call you tomorrow. In the meantime, here’s my number if you need anything.”*
- *“How are you managing with the children? Would a break help? Can I support you somehow?”*

One of the most harmful comments someone can hear is: *"You should be over it by now."* Grief has no timetable. It may be messy, frustrating, or unpredictable – but it's personal, and no one else gets to define how long it should last.

Listening is powerful

Listening is one of the most supportive things you can offer. Pay attention to what the person shares – their beliefs, their stories, and their silences. Cultural and religious backgrounds shape how we process death, and your respect for that diversity will matter deeply.

If you're unsure, be honest. Simply saying *"I don't know what to say"* can create a space for truth and connection. Your vulnerability allows others to be real with you in return.

If you're grieving too, you're not alone

If you're personally going through a loss, or know someone who is, please don't hesitate to reach out.

Discovery Healthy Company is here for you – confidentially, 24/7:



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