

General Statements

- "I am at a loss for words. I know there is nothing for me to say that will make your loss easier but know that I am here to support you as your school counselor during this time.
- "Love knows no boundaries. While _____ is no longer physically with us, his/her memory is will always be with you.
- "Please know that you're in my thoughts and prayers. As your school counselor, I will always remember you use to say that _____ about your loved one.
- "I was so saddened to hear about _____ passing. I am here to help you understand what your feeling. Let's talk about how I can help
- "My deepest condolences to you during this time. Know that you are not alone and that if you ever need to talk, please don't hesitate to reach out to me.
- "Know that I am thinking of you during this time. Although we can't talk in my office in person, what are some things you think I would tell you if we were in front of each other?"
- "I want to let you know that I are here for you if you need anything. Expect me to call you soon—you are welcome to contact me during via email or office hours if you need anything.

- "I know that _____ was well loved and respected. He had great character and a big heart."
- "Our sympathy is with you in your time of grieving."
- "I may not be going through the same thing as you, but I don't want that to keep me from letting you know that I am thinking about you and I am here for you."
- "Those who love us never go away. I hope you know that even during this dark time, _____ will always be with you in spirit." What are some things _____ always wanted you to accomplish? Let's talk about how I can help you reach those goals."
- "I can't imagine how you're feeling right now and I won't pretend to know the loss that you're experiencing. Please know that you're not alone and I'm just a phone call away. If you ever need any support or someone to talk to, please don't hesitate to reach out."
- "These things are never easy to write, and with a heavy heart I extend my deepest condolences to you during this dark time. I'm here if you need anything."
- "While there's nothing I can do to change what happened, as your school counselor I will continue to offer you my help and support. Here are some things you can do on your own to help cope with the loss at home."