

SOULFUL SUPPORT



7-Day Support Plan

Helping Someone Through Suicide Loss

Practical, compassionate steps
you can take today.

CHASITY MARIE LEONARD



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Day 1 – Show Up & Listen

- Reach out: “I’m here for you.”
- Don’t fix — just listen.
- Your presence is enough.

Day 2 – Small Comforts

- Bring food or coffee.
- Help with errands.
- Silence is support too.



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Day 3 – Create Safe Space

- Protect their time + energy.
- Offer help with calls & tasks.
- Encourage rest.



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Day 4 – Gentle Reminders

- Healthy routines: sleep, water, meals.
- Invite for a short walk.
- No pressure, just care.



Day 5 – Memory Ritual

- Light a candle together.
- Share a story.
- Respect their privacy if needed.



Day 6 – Practical Support

- Offer childcare, bills, transport.
- Share grief resources.
- Lighten their load.



Day 7 – Continue the Connection

- Send a check-in message.
- Remember anniversaries.
- Stay present beyond the first week.



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Grief has no timeline.
Your small acts of kindness
can mean everything.

 Be the steady support
they need.

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