



## **If people ask, “What can I do?”**

**Child and pet care** – Pick up kids from school or babysitting, walk the dogs, clean out the litter box. Not just for the next days but also in the coming days and weeks when you need to spend some time alone to grieve.

**Meals** – Ask those who want to help with meals to spread their help out over the weeks (or even months) to come. It will be more useful to you than a lot of food all at once right now. Also, ask people to put small servings in a Ziploc freezer bag with a label and date.

**Paper Products** – You may have multiple people visiting and supporting you. This is not the time to worry about dishes. Give yourself permission to use paper plates, utensils and cups. Let others provide these materials.

**Home maintenance** – Help with grocery shopping, organize the mail, assist with the laundry and keeping the house clean. For many people, less clutter means less stress during an already overwhelming time period.

**Yard work** – Rake the leaves, clear the sidewalk, mow the grass, shovel the driveway. This will relieve you of some strenuous activity and reduce some of the stress of cleaning your home.

**Driving** – Dropping off and/or picking people up from airports, funeral homes, motels, etc. You may want someone to drive you as well as concentration may be impacted.

**Referrals** – Have others help find references for doctors, therapists, funeral homes, flowers, etc.

You will get through this. You are not alone.

## **Contact Numbers**

Emergency: 911

Franklin County Sheriff’s Office: 614-525-3333

Columbus Police Department: 614-645-4545

Franklin County Coroner’s Office: 614-525-5290

LOSS Community Services: 614-530-8064

Netcare Access: 614-276-2273

National Suicide Prevention Hotline: 988

National Suicide Crisis Text Line: Text CONNECT to 741741