

When someone you know is living with serious illness



**Remember they're still your same friend
Don't stay away - just being there is half the battle
It doesn't matter if you don't know what to say
A good listener is always welcome
They'll laugh and cry and you can too
Help out where you can
A hug can be as good as words**

**Get in touch now and remember . . .
Just be you!**



Taken from: What Can I Say - What Can I Do? Palliative Care Australia

Supported by Victorian Department of Human Services

**Hume
Palliative Care**

Promoting Health and Wellbeing Together

OK
OVENS & KING
Community Health Service