

'Glee' Star Cory Monteith is Found Dead in Hotel Room



By Kristyn Schwiep

Glee star, Cory Monteith, 31, was found dead in his Vancouver hotel room on Saturday. According to [People](#), the cause of the death was not immediately apparent, and an autopsy was set for Monday. According to [The Age Entertainment](#), said there's nothing to indicate the death was due to illicit drug use. When Monteith missed his check-out time, staff went to his room and found his body, said Acting Police Chief Doug LePard. Monteith had been dead for numerous hours by the time his body was found. LePard added: "On behalf of the Vancouver Police, I want to pass on our condolences to the family, friends, castmates and millions of fans of Mr. Monteith. As was the case in countless homes, I watched *Glee* regularly with my daughters, and I know there will be shock and sadness in many households with the news of his tragic death."

How do you help your partner deal with a tragic loss?

Cupid's Advice:

Dealing with a tragic loss is hard, emotionally and mentally, so how can you help your partner deal with such a tragedy? Cupid has some advice for you:

1. Just be there: Even if you don't have the right words to say, just be there and keep them company. Letting them know that you are there for them no matter what can be the most comforting of feelings. At least now they know that if they need or want someone to talk to they have you. Also, feel free to ask them if they need help with anything such as babysitting or taking them somewhere, if you offer they might be more welcome to the idea during this hard time.

2. Send a note: Send a note of comfort, especially if you can't be with them in person, and make sure it is written in your own words. It may seem cliché to send a note and flowers, but it can cause an incredible impact on someone who is suffering a loss. Even the littlest gestures go a long way during a time of need and they will remember that you spoke out of comfort to them.

3. Don't run away: Helping someone through such a tragic loss can sometimes be uncomfortable, but try and stay with them through this hard time. Don't be quick to judge if you feel uneasy about their behavior. Also remember, that you can't fix anything or make anything better, but as long as you are there you are doing something to help.

What are some ways you have helped your partner deal with a tragic loss? Share your thoughts below.