

GRIEF AND LOSS RESOURCES

Curated by Bring Change to Mind



"My heart might be bruised, but it will recover and become capable of seeing beauty of life once more. It's happened before, it will happen again, I'm sure." -Paulo Coelho

You are loved. Your life is valuable.
This world is better because you are here. If you need support,
text BC2M to 741741

Suicide

- **American Foundation for Suicide Prevention**
 - [After a Suicide: A Toolkit for Schools](#)
 - [Books for Loss Survivors](#)
 - [Children, Teens, and Suicide Loss](#)
- [Suicide Awareness Voices of Education](#)
- [Survivors of Suicide: Helping a Survivor Heal](#)
- [Alliance of Hope for Suicide Loss Survivors](#)
- **Podcasts**
 - [Understand Suicide Podcast](#)
 - [How Schools Can Help When Someone Dies Of Suicide](#)
 - [Grief / Relief - Nathan Ellis \(teen loss survivor\)](#)

Covid-19

- [Finding the Right Words to Talk with Children and Teens about Coronavirus](#)
- [Helping Teens Manage COVID-19 Pandemic Challenges](#)
- [Grieving During a Pandemic Tip Sheet](#)
- [Complicated Grief: What to Expect After the Coronavirus Pandemic](#)
- [Managing Grief During a Pandemic](#)
- **Podcasts**
 - [Grieving Those Lost From The Pandemic](#)
 - [Big Emotions in Grief](#)

Community Violence

- [Victim Connect - Homicide and Grief](#)
- [Justice for Homicide Victims](#)
- [SAMHSA Tips for Survivors - Coping with Community Violence](#)
- [Working with Grieving Children After Violent Death](#)

Illness / Death of Family or Friend

- [Surviving Life After a Parent Dies \(SLAP'D\)](#)
- [Helping Yourself Heal When a Parent Dies](#)
- [When Your Best Friend Dies](#)
- [Mourning the Death of a Friendship](#)
- **Podcast Episodes:**
 - [Grieving the Loss of a Best Friend as a Teen](#)
 - [Teenage Grief Sucks](#)

Police Violence

- [Coping with Racial Trauma](#)
- [Restorative Steps for Healing through Racial Trauma, Systemic Mis-attunement, and Grief](#)
- [Healing Justice Toolkit](#)

Loss of Relationship / Friendship

- [Mourning the Death of a Friendship](#)
- [20 Ways to Survive a Relationship Break-Up](#)
- [Dealing with Relationship Break-Ups](#)
- [How to Deal \(and Heal\) When a Friend Breaks Up with You](#)

Divorce

- [11 Tips for Teens Dealing with Parent's Divorce](#)
- [Dealing with Divorce from Safe Teens](#)
- [Dealing with Divorce for Teens](#)
- [Fiction Books Addressing Divorce and Separation](#)

General Grief and Loss

- **Teenage Grief Sucks** A community created by and for teens who are grieving.
 - 10 Things I Needed to Hear at The Beginning of My Grief
- **What's Your Grief?** A community that provides hope, support, and education to anyone wishing to understand the complicated experience of life after loss.
- **Help 2 Make Sense** Support for young people who have experienced the death of a loved one come to terms with their loss.
- **Center for Complicated Grief at Columbia University** Resources for thinking about and dealing with complex grief.
- **The Dougy Center** Resources for grieving children.
 - How to Help a Grieving Child
 - 8 Things to Try When Grief Gets Intense
 - Safety Plan for Hard Days at School / When You Need a Break
- **HealGrief** A social support network that is there when everyone else goes away, and the real grieving begins
- **A Part of Me** A game designed to help young people deal with the death of a loved one.
- Helping Someone Who is Grieving
- YA Books to Make You Think About Grief
- **Podcasts:**
 - What I Needed - Tips from a Grieving Teen
 - Gratitude, Guilt, and Grief
 - Grief Out Loud
 - Grief & Guts

"Even the darkest night will end
and the sun will rise." -Victor Hugo

