



## Grief Resources for Teens:

*The teen years can be promising and hopeful, and also challenging and confusing. When teens encounter death and loss, it can feel overwhelming and stressful. It is important that teens feel supported during this difficult time. The following resources might be helpful. Please visit our website at [www.heartplayprogram.org](http://www.heartplayprogram.org) to learn more about local resources and programming.*

### Articles:

- Developmental Grief Responses: <https://elunanetwork.org/resources/developmental-grief-responses>
- Tips for Grieving Teens: [https://www.dougy.org/assets/uploads/Tips\\_for\\_Grieving\\_Teens.pdf](https://www.dougy.org/assets/uploads/Tips_for_Grieving_Teens.pdf)
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### Websites:

- Dougy Center Teen Resource Page: <https://www.dougy.org/resources/audience/teens?how=&who=&type=>
- Teenage Grief Sucks: <https://www.teenagegriefsucks.com/resources>

### Books:

- *Weird Is Normal: When Teenagers Grieve* by Jenny Lee Wheeler. Quality of Life Publishing Company, Naples, FL.

### Movie/Documentary:

- Speaking Grief: <https://speakinggrief.org/documentary>

### Podcasts:

- What's Your Grief: <https://whatsyourgrief.com/grief-podcast/>
- Grief Out Loud: <https://deardougy.libsyn.com/>
- The Grief Gang: <https://www.instagram.com/thegriefgang/?hl=en>

### Crisis Resources:

*You deserve help and support and it's brave to ask for it. If you are struggling or thinking of hurting yourself or others, reach out to someone you trust AND/OR contact one of these 24/7 crisis support resources.*

- Crisis text line: text HELLO to 741741
- Suicide Prevention Hotline: call 800-273-8255
- For more info. about what happens when you contact one of these resources: <https://www.activeminds.org/blog/what-really-happens-when-you-reach-out-to-crisis-lines>