

# RESOURCES FOR GRIEF & HEALING



Grieving & Healing Together Presentation Video (BStrong Together)

<https://vimeo.com/919793793>

15 Grief Activities for Elementary Through Teens

<https://bit.ly/3P9dkRX>

25 Children's Books that Deal with Death and Grief

<https://bit.ly/49KUmth>

How to Support a Grieving Teen After the Loss of a Peer

<https://bit.ly/47NszGN>

Tips for Teens Who are Grieving Handout

<https://bit.ly/3ToCDSH>

99 Nurturing Activities Helpful During the Grief Process

<https://bit.ly/3PbVLRj>

How to Deal with Grief in a Healthy Way

<https://bit.ly/3IqUVfK>

Understanding the 5 Stages of Grief

<https://bit.ly/4i59dCv>

Self-Care Strategies Handout (BStrong Together)

<https://bit.ly/3w3V71F>

Tips for Talking with Kids About Difficult Topics (BStrong Together)

<https://bit.ly/3V7nmXJ>

40 Ways to Find Calm (BStrong Together)

<https://bit.ly/3GO5VTH>

40 Maneras de Encontrar Calma (BStrong Together)

<https://bit.ly/4amV2Wp>

The Dougy Center – Grief & Healing Resources

<https://bit.ly/4i70oYS>

Grief & Trauma Resources from CATCH in Northbrook

<https://bit.ly/4i5stjc>

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## HOW TO SUPPORT GRIEVING YOUTH

Create a safe, non-judgmental space for them to express their thoughts and emotions. Just be present and listen without the need to fix it or offer advice.

Remind them that everyone's grief is different and how they express that grief may be different, too. There is no "right" or "wrong" way to grieve, but there are "helpful" and "unhelpful" behaviors and choices.

Normalize that grief is complex and remind them that you are there to love and support them.

Ask open-ended questions and validate their emotions.

Let them take the lead.

Remember that social media can be both a positive and a negative.

Remind them about the importance of self-care.

Seek professional help if needed.

