

## For the adults in a teen's life

- If your teen has had a loss through death and you've noticed changes in behavior or attitude, you may be seeing grief at work. These changes may occur right away or may be delayed for months or years.
- Struggling for an identity and independence from parents are difficult tasks for your teen. If an additional burden of grief is added, life becomes more of a struggle.
- Sharing the story is the best way of doing grief work. Encourage the teen in your family to find someone to talk with about their grief. Accept that if they can't talk with you, it's okay for them to talk with another trusted adult and help them to find someone.
- [www.griefworksbc.com](http://www.griefworksbc.com) has information just for grieving teens and provides a link to on-line monitored chat rooms where your teen can be anonymous.

# Teen Grief Support



## About grief

Someone you care about has died.

- It's hard to know what to do. You feel alone with this loss, like no one knows what you're going through.
- It may surprise you to learn that there are many teens in your community who are grieving a very personal loss just like you.
- We know that sharing the story with others can be comforting. Just knowing that you are not alone and that someone will listen without criticizing can help a lot.



*You are not alone*



*How high is up?*

## What are the answers?

- Each grief journey is unique. No one knows when your grief will be 'over' or how long you will miss your loved one. Sometimes, there may not be any answers to some of your questions.
- Talking about it and using music, poetry and other creative arts to express your feelings may help to ease the confusion and pain.
- It may be easier to talk with a trusted adult outside your immediate family.

## Resources to help

### Articles on [www.griefworksbc.com](http://www.griefworksbc.com)

- Teen Grief
- Death of a Brother or Sister
- The Dreaded Cliche
- How Long Does This Grief Journey Last?

### Teen Grief

<http://www.hospicenet.org/html/teenager.html>

Support for teen grief.

### The Dougy Centre

[www.dougy.org](http://www.dougy.org)

Lots of helpful information.

### Books

*Help for the Hard Times* by Earl Hipp

*Straight Talk About Grief for Teenagers*  
by Dr. Earl Grollman

*The Grieving Teen: A Guide for Teenagers and Their Friends*  
by Helen Fitzgerald

*Healing A Teen's Grieving Heart: 100 Practical Ideas* by Alan Wolfelt

Go to [www.griefworksbc.com](http://www.griefworksbc.com) to access on-line support chat rooms.