

Talking OutLOUD

Teens & Suicide Loss: A Conversation

Resources for Teens

SUPPORT GROUPS

- Coping After Suicide Teens Group
<https://www.copingaftersuicide.com/support-groups>
- Dougy Center National Support Group Directory
<https://www.dougy.org/program-finder>
- National Alliance for Children's Grief National Support Group Directory
<https://nacg.org/find-support/>
- Samaritans' SafePlace
<https://samaritanshope.org/our-services/grief-support/grief-request-form/>

GRIEF CAMPS

- Article: **As Suicide Rates Rise, Bereavement Camps Bring Healing to Kids Left Behind**
<https://time.com/6286420/suicide-bereavement-camps-kids/>
- Documentary: **ONE LAST HUG (... and a few smooches): Three Days at Grief Camp**
<http://onelasthug.com/>
- Camp Erin
<https://elunanetwork.org/>
- Camp Good Grief
<https://eehcampgoodgrief.org>
- Camp Kita
<https://www.thekitacenter.org/>
- Circle Camps
<https://www.circlecamps.org/>
- Comfort Zone Camp
<https://comfortzonecamp.org>
- The Compassionate Friends Sibling Camp
<https://www.compassionatefriends.org/tcf-sibling-camp/>



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- **Experience Camps**
<https://experiencecamps.org/>
- **National Alliance for Children's Grief**
<https://nacg.org/find-support/>
- **TAPS (Tragedy Assistance Program for Survivors) Good Grief Camp**
<https://www.taps.org/youthprograms/camps#gcc>

BOOKS

- **After.** Francis Chalifour
- **Fire in My Heart, Ice in My Vein: A Journal for Teenagers Experiencing Loss.**
Enid Samuel Traisman
- **Healing Your Grieving Heart for Teens: 100 Practical Ideas.** Dr. Alan Wolfelt
- **Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden Violent Death.** Dr. Alan Wolfelt
- **I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After a Sudden Loss.** Brooke Noel & Dr. Pamela Blair
- **I Will Remember You: What to Do When Someone You Love Dies - A Guidebook Through Grief for Teens.** Laura Dower
- **The Healing Your Grieving Heart Journal for Teens.** Dr. Alan Wolfelt
- **Welcome to the Grief Club: Because You Don't Have to Go Through It Alone.**
Janine Kwoh
- **When a Friend Dies: A Book for Teens About Grieving & Healing.** Marilyn E. Gootman EdD

ONLINE RESOURCES

- **Eluna Network**
<https://elunanetwork.org/national-bereavement-resource-guide#about-the-guide>
- **Grief Speak: Your Mind & Body - Teens v. Adults**
<https://www.hov.org/media/1464/yourmindandbodyforteens.pdf>
- **I've Lost Someone to Suicide**
<https://jedfoundation.org/resource/ive-lost-someone-to-suicide/>



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- **My Grief Journal - for grieving teens after suicide.** Canadian Mental Health Association
https://pei.cmha.ca/wp-content/uploads/2021/08/My_grief_journal_for_grieving_teens-July2021-PDF.pdf
- **Suicide Loss: What Teens Need to Know**
https://www.mces.org/PDFs/SuicideLossBook_YouthEdition.pdf
- **Teen Grief: Coping with the Loss of a Loved One**
<https://www.hov.org/media/1555/teengrief.pdf>
- **What is Therapy and Will it Work?**
<https://jedfoundation.org/resource/what-is-therapy-and-will-it-work/>
- **When You Grieve Differently Than Your Family**
<https://www.forgrief.com/blog/when-you-grieve-differently-than-your-family>

PODCASTS

- **Grief Out Loud** - Dougy Center
https://www.youtube.com/watch?v=j66_nmWPO4U&list=PL_dQEueKJr8U8-BWfmdcm0hZpAlseVsCC&index=3
- **Life After Suicide** – Dr. Jennifer Ashton
Learning to Heal: Chloe Ashton & Dr. Sue Simring
<https://megaphone.link/ESP3581161608>
- **Teenage Grief Sucks** - Natalie Adams | Dougy Center
<https://www.dougy.org/news-media/podcasts/teenage-grief-sucks-natalie-adams>



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