

Talking OutLOUD

Teens & Suicide Loss: A Conversation

Resources for Parents & Family Members

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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I'VE BEEN THERE. AND I'M HERE

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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

- **Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering.** Kenneth C. Haugk PhD
- **Finding the Words: How to Talk with Children and Teens about Death, Suicide, Funerals, Homicide, Cremation, and Other End-of-Life Matters.** Dr. Alan Wolfelt
- **Healing a Teen's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers.** Dr. Alan Wolfelt
- **Life After Suicide: Finding Courage, Comfort & Community After Unthinkable Loss.** Jennifer Ashton MD
- **Please Be Patient, I'm Grieving: How to Care For and Support the Grieving Heart (Good Grief Series).** Gary Roe
- **Supporting Children After a Suicide Loss: A Guide for Parents and Caregivers.** Sarah Montgomery & Susan Coale
- **Teen Grief: Caring for the Grieving Teenage Heart (Good Grief Series).** Gary Roe
- **Teen Grief Relief: Parenting with Understanding, Support, and Guidance.** Gloria Horsley
- **Welcome to the Grief Club: Because You Don't Have to Go Through It Alone.** Janine Kwoh

ONLINE RESOURCES

- **Alliance of Hope for Suicide Survivors**
<https://allianceofhope.org/find-support/children-teens/understanding-suicide-supporting-children/>
- **Coping After Suicide's Ask The Experts: Helping Our Children Cope with Suicide Loss Series**
www.copingaftersuicide.com/ask-the-experts-helping-our-children-cope



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- **Dougy Center: National Grief Center for Children & Families**
<https://www.dougy.org/grief-support-resources/teens>
- **GriefCare for Families**
<https://griefcare.columbia.edu/nyl>
- **National Alliance for Children's Grief**
<https://nacg.org/>
- **National Child Traumatic Stress Network**
<https://www.nctsn.org/>
- **Understanding Suicide, Supporting Children** – Alliance of Hope
<https://allianceofhope.org/find-support/children-teens/understanding-suicide-supporting-children/>

ARTICLES

- **Children, Teens and Suicide Loss** - Dougy Center & American Foundation for Suicide Prevention
<https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=6>
- **Explaining Death by Suicide Years After It Happened** - Alliance of Hope
<https://allianceofhope.org/find-support/children-teens/supporting-children-and-teens-after-a-suicide-death/explaining-death-by-suicide-years-after-it-happened/>
- **Grief Speak: Your Mind & Body - Teens v. Adults** - Hospice of the Valley
<https://www.hov.org/media/1464/yourmindandbodyforteens.pdf>
- **Helping a Teenager Deal with Grief** - What's Your Grief
<https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>
- **Helping Teenagers Cope with Grief** - Alan D. Wolfelt, PhD
<https://www.centerforloss.com/2016/12/helping-teenagers-cope-grief/>
- **Helping Teens with Traumatic Grief: Tips for Caregivers** - National Child Traumatic Stress Network
<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>
- **Supporting Adolescents: Common Experiences After a Suicide** - Lifeline Australia
<https://www.suicidecallbackservice.org.au/lost-someone-to-suicide/supporting-adolescents-bereaved-by-suicide/>
- **Supporting Children After the Suicide of a Classmate** - Jamie Howard, PhD
<https://childmind.org/article/supporting-children-after-the-suicide-of-a-classmate/>



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- **Supporting Children and Teens after a Suicide Death** - Dougy Center
https://www.dougy.org/assets/uploads/TDC_Supporting_Children_Teens_After_a_Suicide_Death_2018.pdf
- **Supporting Children Grieving a Death by Suicide** - National Alliance for Children's Grief
<https://indd.adobe.com/view/797974f7-5353-4834-b48c-cefe12464ded>
- **Talking to Teens about the Suicide of a Peer** - Alliance of Hope
<https://allianceofhope.org/find-support/children-teens/supporting-children-and-teens-after-a-suicide-death/talking-to-teens-about-the-suicide-of-a-peer/>
- **Talking to Your Child About a Suicide Death: A Guide for Parents and Caregivers** - National Child Traumatic Stress Network
<https://www.nctsn.org/resources/talking-to-your-child-about-a-suicide-death-a-guide-for-parents-and-caregivers>
- **Tips for Supporting Teens After the Death of a Close Friend** - Dougy Center
https://www.dougy.org/assets/uploads/TDC_2_Tips_for_Supporting_the_Grieving_Teen_After_Loss_of_Close_Friend_2018.pdf
- **Trauma-Informed Care and Suicide** - Canadian Association for Suicide Prevention
<https://suicideprevention.ca/resource/trauma-informed-care-and-suicide-fact-sheet/>
- **Traumatic Grief - Supporting Teens** - National Child Traumatic Stress Network
<https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>
- **Understanding Teen Grief: 7 Ways to Help a Grieving Teenager** - Your Teen Magazine
<https://yourteenmag.com/health/teenager-mental-health/help-a-grieving-teenager>
- **When You Grieve Differently Than Your Family** - For Grief
<https://www.forgrief.com/blog/when-you-grieve-differently-than-your-family>
- **What to Say Instead** - Dougy Center
https://www.dougy.org/assets/uploads/What-to-say-instead_2023-05-30-225306_bvnt.pdf



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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
<https://abcaudio.com/podcasts/life-after-suicide/>
- **Learning to Heal:** Chloe Ashton & Dr. Sue Simring
<https://megaphone.link/ESP3581161608>



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