

Grief and bereavement resources for youth

Books

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand

by Megan Devine, 2017.

When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss.

Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based Practices

by Coral Popowitz, 2017.

Did you know that grief can affect both your mind and your body? In this helpful and healing guide, the director of the Children's Grief Connection offers practices to help you deal with the physical aspects of grief and loss.

Weird is Normal When Teenagers Grieve

by Jenny Wheeler and Heidi Horsley, 2010.

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it is a self-help book for grieving teens written by an actively grieving teen.

Fire In My Heart, Ice In My Veins

by Enid Traisman, 2006.

A journal for teenagers. Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

Saying Goodbye When You Don't Want To

by Martha Bolton, Vine Books, 2002.

Healing Your Grieving Heart for Teens

by Alan D. Wolfelt, PhD; Companion Press, 2001.

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The Grieving Teen: A Guide for Teenagers and Their Friends

by Helen Fitzgerald; Fireside, 2000.

Helping Teens Cope with Death

The Dougy Center; Dougy Center, 1999.