

Resources about Grief for Teens and Young Adults

Books

- Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt, Ph.D
- Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love by Earl A. Grollman
- We Get It: Voices of Grieving College Students and Young Adults by Heather L. Servaty-Seib and David C. Fajgenbaum
- When a Friend Dies: A Book for Teens about Grieving & Healing by Helen Fitzgerald

Journals

- Angel Catcher: A Journal of Loss and Remembrance by Kathy Eldon and Amy Eldon Turteltaub
- Grief Survivor by Beth Marshall
- You can Get There from Here: Journaling Through Grief, A guide for Teens and Young Adults by Leah Bailey Hawley

Websites

[www.youtube](#) Coping With Grief and Loss by Tree Ma

[www.webhealing.com](#)

[www.pbs/parents/whenfamiliesgrieve/resource.html](#)

[www.dougy.org/grief-resources/help-for/kids/](#)