

Grief/Loss

What is grief? Grief is a complicated and normal response to loss. We quickly associate grief with death, but grief is also a normal response to a divorce, a move, the loss of a friendship, and any significant life change or loss.

There is not a "right" way to grieve and there is not a "normal" amount of time that a person feels grief. Grief can involve many experiences, including shock/denial, sadness, guilt, anger, fear, and physical symptoms like changes in appetite or sleeping patterns, a preoccupation with thoughts related to the loss, and other deviations from "normal." Remember, these deviations *are* normal. People who are grieving need the support of friends and family. Many also need the support of a mental health professional.

If you notice that the grieving symptoms do not improve over time, or worsen, you are encouraged to seek the help of a professional. The staff of your school counseling department can help you locate a counselor in your area.

Here are some resources that may be helpful in understanding and responding to grief:

Basic information about grief

Children and Grief

How to talk to your teen about a death

Grief and Coping for Parents and Teachers

Supporting Your Child

The Warm Place, A Grief Support Center for Children

- This website includes important information about grief, particularly in children, about direct services provided by this organization, and about additional resources available. **The excellent and comprehensive bibliography on this site includes**

picture books for children, as well as books for adults, who are coping with the death of a loved one, including pets, grandparents, siblings and parents.

National Alliance for Grieving Children

- This website offers resources and activities for parents and professionals who are caring for a grieving child/adolescent.

Centering

- This website offers books and other resources available at a cost. Resources available include books written for children who are experiencing grief, as well as books written for parents.

Christian Works

- This website offers resources for people seeking grief support from the Christian faith. There are also resources that address the loss children experience during divorce.

Camp Erin

- Camp Erin is a summer sleep-away camp for children who are dealing with grief.

Tarrant County Survivors of Suicide

- These resources are specific to grief related to a suicide death. The site includes information about support groups in the area.

American Foundation for Suicide Prevention

- This website is dedicated to understanding and preventing suicide through research, education, and advocacy.

Coalition to Support Grieving Students

- This website offers a variety of modules to address grieving needs.