For Teens From Teens: Coping with Grief*

Someone you care about has died, it can be confusing and overwhelming. You may have questions and not sure who to ask. Here's some information from other teens who are also dealing with grief.

Questions You Might Have:

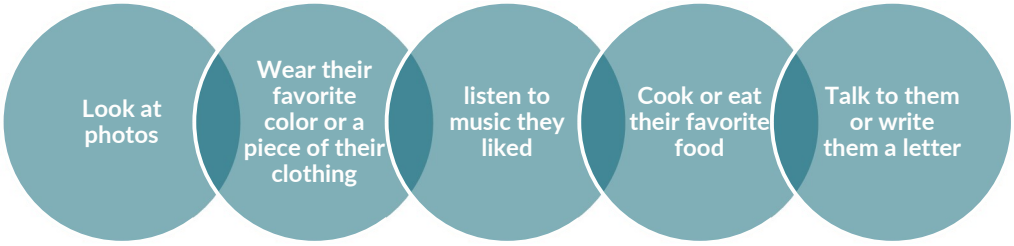
You may have questions; instead of leaving the questions swirling in your own head, try talking with a trusted adult, like a parent, grandparent, family friend, teacher, or school counselor. Here are some questions other teens have had:

- why did this have to happen?
- who will take care of me?
- can I speak to them again?
- will this ever stop being painful?
- where can I find support?

How to manage big life events:

Big life events like - going into a new school grade, having a birthday, getting a new sibling, or experiencing an additional loss- can be hard after the death of your person. Significant days such as holidays, birthdays, and death marker dates or anniversaries often feel different now. During these times we miss our person and feel their absence more intensely. Emotions can feel like a rollercoaster, changing quickly.

Think about how you want to remember or honor your person:



Managing Big Feelings



Messages from Other Kids and Who Are Grieving:

These messages are from grieving teens at the end of a grief therapy. Talking helps. Find your people.

"Do stuff [your loved one] used to do, such as sports or favorite food."

"It's not okay right now, but it will get better."

"Try to express yourself as much as you can to let [out] those bad vibes, memories, thoughts."

"It's okay to still be happy."

"Keep your head up and chase your dreams."

*This was created in collaboration with the courageous youth participants of the Wendt Center's Resilient Scholars Program SY2024/2025

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