

VHAN Resources to Support Grieving Children and Teens

Talking With Children About Grief and Death

Child Mind Institute

childmind.org

[Robust guide](#) on talking with children and adolescents about grief and loss of a loved one

American Academy of Child & Adolescent Psychiatry

www.aacap.org

[Quick facts](#) about children and grief

Mayo Clinic Health System

www.mayoclinichealthsystem.org

Brief [article about supporting children](#) through acute loss

Kids Health

www.kidshealth.org.nz

[Provides a guide](#) by developmental stage/age about what to expect in pediatric grief and how to support

National Alliance for Children's Grief

nacg.org

[Resources for talking with children](#) about loss and death and a portal to connect to local support

Hospice Foundation of America (HFA)

hospicefoundation.org

Parents and caregivers can [order HFA's book](#) about supporting adolescents through grief

Marie Curie

www.mariecurie.org.uk

Offers [information about grief and loss](#) for children and teens, including supporting children with learning disabilities understand terminal illness and death of loved ones

Sesame Street Community Support

sesamestreetincommunities.org

[Offers various resources](#) to support school-aged children through understanding illness and loss, including creative activities designed to connect to the legacy and memory of their loved one(s)

Penn Medicine

www.pennmedicine.org

Offers [a list of short readings for caregivers](#) to support their youth through loss and grief; includes Spanish-speaking versions

Information about [supporting a child with autism through grief](#)

Eluna

elunanetwork.org

Offers a guide organized by developmental stage (up to 18 yo) to [support a child through grief](#)

Safe Crossings: Program for Grieving Children at Providence Hospice of Seattle

www.providence.org

Offers this guide to [supporting a grieving child](#)

Allina Health Book List for Grieving Children and Teens

www.allinahealth.org

Center for Prolonged Grief at Columbia University

prolongedgrief.columbia.edu

Offers [extensive information for caregivers](#) to supporting loved ones/themselves through prolonged grief symptoms (acute grief-related distress persists for over a year since the loss)

VHAN Resources to Support Grieving Children and Teens

For Clinicians

University of Pittsburgh Dept. of Psychiatry

www.psychiatry.pitt.edu

Research article discussing [pediatric grief and risk for depression](#) following the death of a parent.

[Full article](#)

Center for Prolonged Grief at Columbia University

complicatedgrief.columbia.edu

Offers thorough and current clinical materials, trainings and guides for clinicians supporting patients through prolonged grief, often diagnosed when acute grief-related distress persists over one year since the loss.

- [Managing Bereavement Around COVID-19](#)
- **HEALING Milestones in Grief**
[Clinical support tool](#) to provide clients
- **Managing Difficult Times**
[Simple therapeutic tool](#) to help patient develop insight around triggers and symptoms
- **Brief Grief Questionnaire**
Quick [screener tool](#) to assess symptoms

For Acute Bereavement Support

Alive Grief Center

www.alivehospice.org

Offers sliding-scale [grief counseling services](#) when someone has lost a loved one personally

Grief support groups [calendar](#)

Gilda's Club Middle Tennessee

gildasclubmiddletn.org

Offers [support groups and supportive services](#) when children are facing cancer-related loss and bereavement

Eluna

elunanetwork.org

Offers [grief camps](#) throughout the country, including one in East Tennessee

