

# 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](http://www.youtube.com) Coping With Grief and Loss by Tree Ma

[www.webhealing.com](http://www.webhealing.com)

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