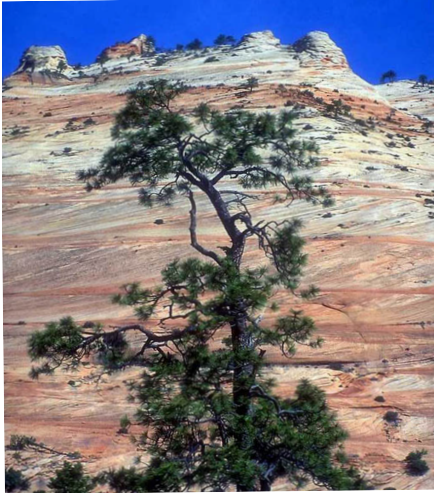




Surviving Traumatic Grief and Loss for Youth

Crisis: 1-800-719-4418 : 1-800-472-3377



Reactions:

Possible common reactions: Physical symptoms, feeling shock and disbelief, events may seem unreal, lack of concentration, guilt for not being able to prevent the death. Anger at person, self, others, God. Anxiety and worry. Deep sadness. Increased impatience, fatigue, crying, restless. Possible stages of depression, anger, bargaining, denial, acceptance.

What May Help?

Work at understanding you or your friends experienced a traumatic loss. Be patient with the feelings and reactions of others by staying away from blame and being gentle. Use opportunities to talk and write about the person who died and share grief. Seek comfort in people and activities you love. Be a source of support for your friends and share loss with other survivors. Gain information by using resources. Create a living memorial by joining prevention efforts.



Get Help!

Grief group for Children and Teens: 920-731-0555

WWW.SAVE.ORG

1-800-273-TALK

Teenlineonline.org (has video, texting option)

TheDacare 256-1475 Ministry-715-344-4611 County 258-6300

Trinity Grief Group

Your local school and/or youth pastor

