

Jill FitzGerald LCSW

Grief Resource Center
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Counseling Resources:

Westhampton Family Psychologists

Dr. Allison Twente

Commonwealth Counseling

Dominion Behavioral Health

Full Circle Grief Center

Speak Up- Cameron Gallagher Foundation, <https://www.ckgfoundation.org/>

Support Following a Suicide:

American Foundation for Suicide Prevention (AFSP.com)

- Mentoring and support for survivors of suicide
- Out of The Darkness Walks
- International Survivors of Suicide Loss Day –

Book Recommendations & Websites:

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan Wolfelt

Helping Teens Cope With Death by The Dougy Center

The Healing Your Grieving Heart Journal for Teens by Alan Wolfelt

Help for The Hard Times: Getting Through Loss by Earl Hipp

Facing Change: Falling Apart and Coming Together Again in the Teen Years by Donna O'Toole

Teen Grief: Caring For the Grieving Teenage Heart by Gary Roe

Fire in My Heart, Ice in My Veins - Journal for grieving teens

Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope & Healing Your Heart
By Alan Wolfelt

Website: www.dougy.org

www.whatsyourgrief.com

www.refugeingrief.com

www.wavesofgrief.com

www.ckgfoundation.org

Common Responses to a sudden death:

Difficulty falling or staying asleep

Changes in appetite or stomach upset

Anxiety, fear

Frequent crying

Shock, emotional numbness

Anger, hostility, powerlessness,

Exhaustion

Physical symptoms of: trembling, shaking, “jumpiness”, tightness in throat

Distractibility

Poor memory

Being “on guard” with heightened awareness of surroundings, hypervigilance

Disbelief, denial

Despair

Decreased interest, motivation

Isolation

How To Help a Grieving Teen:

Acknowledge that this is a traumatic loss;

Be careful of clichés or platitudes;

Be patient. One size does not fit all. Allow them to grieve in their own way;

Teens want to be heard – validate their thoughts, opinions and feelings;

Be available and accessible;

Understand the teens’ need for emotional safety following this catastrophic loss;

Normalize for them that there will be a wide range of emotions;

Check in with other adults involved in their life- teachers, school counselors, coaches;

Being part of their peer group is crucial, especially following a loss. Don’t be surprised by their need to spend time (virtually and or in-person) with their friends to process this loss;

Grief following a suicide is particularly challenging due to the sudden, traumatic manner in which the death occurred. Educate yourself and urge the teen to learn about teen depression. It can be described as the “hardest mistake” that can be made as the person who died is unable to learn from their actions.