



## Tips for Teens after Tragedy

- Be yourself
  - You may feel sad, mad, angry, empty or none of these feelings
  - You may have these feelings now, tomorrow, next week, or in a year
  - There is no right or wrong way to deal with a friend or peer's death
    - Surround yourself with healthy, supportive people
  - Distract yourself if that helps – spend time outside, watch a funny movie
    - It's okay to talk about the person who died and share memories
      - Try to maintain a routine if possible
      - Listen to music that lifts your mood
  - If you are not eating or sleeping, or you want to talk to someone, reach out to a healthy adult and ask for help
  - Any time you need support you can call First Call at 802-488-7777 or text the Crisis Text Line at 741741





## **Tips for Families after Tragedy**

- Take extra good care of yourself so you are in a good place to provide extra support to your children
- Use natural supports like family or friends; help your child be around healthy, supportive people
  - Don't hesitate to reach out to formal supports like the school counselor, pediatrician or a therapist
    - There is no right or wrong way to deal with a friend or peer's death
- Understand that children and youth experience grief differently from adults
- While grieving, children and youth may display feelings of sadness, anger, emptiness, silliness or none of these feelings
- Sometimes children and youth have a delayed grief reaction – you may notice it tomorrow, next week, or in a few months
  - It's okay to talk about the person who died and share memories
    - Try to maintain a routine if possible
- Any time you need support you can call First Call at 802-488-7777 or text the Crisis Text Line at 741741

