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