

Samaritan

LIFE-ENHANCING CARE

Grief Support Resources Especially for Teens

Websites

Dougy Center <https://www.dougy.org/grief-support-resources>

National Alliance for Children's Grief <https://childrengrieve.org/>

Shared Grief Project <https://sharedgrief.org/>

Good Grief on Instagram <https://www.instagram.com/thatgoodgrief/>

Podcasts

Grief Out Loud <https://podcasts.apple.com/us/podcast/grief-out-loud/id963387015>

Apps for Meditation and Managing Emotions

Calm

Mylife

Bluelce

Headspace

MeeToo

Moodfit

Pixel Thoughts: <http://www.pixelthoughts.co/> An interactive, 60-second meditation tool to communicate worries and release bothersome thoughts.

Apps for Grief

Apart of Me: A story/journey game for adolescents. This app features options for a story with grief or illness of a loved one.

Smiles and Tears: Developed to support children and young people who have experienced the death of a significant person in their life.

Text or Call for Support

2NDFLOOR Youth Helpline 888-222-2228

Free helpline to assist adolescents with their day-to-day concerns. Trained listeners encourage discussion, provide support and offer practical guidance. Call or TEXT the hotline to access the service 24 hours a day, 7 days a week.

The Samaritan Center for Grief Support • (856) 596-8550 • SamaritanNJ.org

Crisis Text Line <https://www.crisistextline.org/>

Text 741741 when in crisis, available 24/7 in the United States. The Crisis Counselor helps you move from a hot moment to a cool calm to stay safe and healthy using effective active listening and suggested referrals.

Teen Line <https://www.teenline.org/>

800-852-8336 or Text TEEN to 839863 (6-10PM PST/9PM-1AM EST) Highly trained teen listeners provide support, resources and hope to any teen who is struggling.

National Suicide Prevention Lifeline

1-800-273-8255 <https://suicidepreventionlifeline.org/> We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.