Supporting grieving youth after a natural disaster

elunareresources.org/resources
Natural Disaster Grief

Supporting bereaved youth after a disaster or emergency

**Pointers:**
- Begin by asking what they know about the natural disaster
- Clear up any misconceptions & tell the truth with simple terms
- Limit media exposure & graphic conversations
- Model & empower youth to show their community support
- Explore feelings together & without judgment
- Return to routines & healthy activities when possible
- Consider peer support groups & grief camps, such as Camp Erin
- Revisit emergency plans & create a map of safe people & places
- Welcome questions & LISTEN! LISTEN! LISTEN!

**Things to avoid:**
- Empty reassurances, such as "All things happen for a reason" or "It's going to be OK"
- Rushing the grief process or trying to fix it - It is ok to not be ok
- Telling someone how to feel or cope, such as "Be strong" or "At least...."
- Assuming all grief & trauma responses are the same - let youth share their experiences
- Imposing controversial viewpoints about the cause or disaster response

For more NATURAL DISASTER GRIEF resources scan here: