When responding to youth impacted by sudden grief there is often a series of complex factors contributing to these moments of human connection & support. As a caregiver, frontline worker, support professional, or camp partner - we recognize the need for resources that can be easily referenced and shared. Designed by Eluna's diligent programmatic teams, we are proud to present these pocket-size postcard pointers with top tips from the field of bereavement support.

You are welcome to print the Sudden Grief postcard pointers and distribute freely or you can purchase a set of pre-printed postcards from Eluna to be shipped directly to you or a community organization.

SUDDEN GRIEF

Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Tell the truth using simple terms & clear up any misconceptions
- Pause frequently to check in – grieving begins when first informed
- Invite youth to consider writing a goodbye letter to express anything they would have wanted to share with their person
- Reestablish youth safety & create a list of safe people & places
- Return to healthy routines & activities when possible
- Recognize potential for trauma response or prolonged grief
- Consider peer support groups & grief camps, such as Camp Erin
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:
- Empty reassurances, such as "All things happen for a reason" or "It is 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 sudden grief is the same - let youth share their experiences
- Exposure to graphic content via media & adult conversations
- Imposing controversial viewpoints, placing blame, or trying to make sense of the death

To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center:
sarahbehm@elunanetwork.org (206) 466-3998

*Click here to see the full postcard pointer series*

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