When responding to youth impacted by 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 Grief Support 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.

**GRIEF SUPPORT**

**Pointers:**

- Reassure youth that it isn't their fault & they are not alone
- Tell the truth using simple terms
- Embrace feelings without judgment (anger, guilt, fear, etc.)
- Model & encourage healthy routines & creative outlets (art, music, etc.)
- Hold space for quiet moments & activities that bring joy
- Create or order a [grief care package](#) with books, comfort items, etc.
- Consider peer support groups & grief camps, such as [Camp Erin](#)
- Check in regularly and over time
- 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 is the same - let youth share personal experiences
- Questions that produce judgment or trying to make sense of the death
- Silence - youth look to adults for ways to communicate & express feelings
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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