Postcard Pointers: Overdose Grief

- **Author** - Custom Resource by the Eluna Team

When responding to youth impacted by overdose 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 Overdose 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.

**OVERDOSE GRIEF**

Pointers:

- Reassure youth that it isn't their fault & they are not alone
- Use person-first language that recognizes addiction as a disease & public health issue: "_____ was struggling with a substance use disorder"
- Embrace feelings without judgment (guilt, relief, anger, etc.)
- Build a support network of trusted adults within the community
- Model & encourage healthy activities (art, music, clubs, etc.)
- Consider peer support groups & camps: [Camp Erin/Camp Mariposa](#)
- Provide prevention support by talking about risks, setting clear expectations, staying engaged, & intervening early
- 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
- Ignoring the complexity of a relationship with someone who has struggled with substance use disorder & the mixed / conflicting emotions following their death
- Language that produces judgment, such as "addict" or "drug abuser"
To purchase a set of pre-printed postcards, please contact Sarah with the Eluna Resource Center:
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Click here to see the full postcard pointer series

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