

# Grief:

Further information and helpful resources.

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## Books

*After Effects: A Memoir of Complicated Grief*, by Andrea Gilats

*Bearing the Unbearable*, by Joanne Cacciatore

*Death Valley*, by Melissa Brodar

*Everything Happens for a Reason (And Other Lies I've Loved)*, by Kate Bowler

*Healing After Loss*, by Martha W. Hickman

*It's Ok That You're Not Ok*, by Megan Devine

*Parents Guide to Raising Grieving Children*, by Phyllis Silverman and Madelyn Kelly

*Signs: The Secret Language of the Universe*, by Laura Lynne Jackson

*The Grief Recovery Handbook*, by John James and Russell Friedman

*The Year of Magical Thinking*, by Joan Didion

*Understanding Your Grief*, by Alan Wolfelt

## Books for Children:

*Goodbye: A First Conversation About Grief*, by Megan Madison and Jessica Ralli

*Something Very Sad Happened: A Toddler's Guide to Understanding Death*, by Bonnie Zucker

*The Good Mourning: A Kid's Support Guide for Grief and Mourning Death*, by Seldon Peden II

*The Invisible String*, by Patrice Karst

## Websites

*Good Grief* (<https://good-grief.org/resources/>)

*Sesame Street's Sesame Workshop* (<https://sesameworkshop.org/topics/grief/>)

*HelpGuide.org: Coping with Grief and Loss*  
(<https://www.helpguide.org/mental-health/grief/coping-with-grief-and-loss>)

*National Alliance for Children's Grief* (<https://nacg.org/>)

*National Association of School Psychologists: Addressing Grief*  
(<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/addressing-grief>)

*National Institute of Mental Health: Coping With Grief* ([www.nimh.nih.gov/copingwithtrauma](http://www.nimh.nih.gov/copingwithtrauma))

*Psychology Today: Grief* (<https://www.psychologytoday.com/us/basics/grief>)

*Substance Abuse and Mental Health Services Administration (SAMHSA): Coping with Bereavement and Grief* (<https://www.samhsa.gov/communities/coping-bereavement-grief>)

*The Dougy Center (National Center for Grieving Children and Families)* (<https://www.dougy.org/>)