



Langley Hospice

Teen Grief Internet Resources



When you are grieving there may be times when you feel that your friends don't know or understand what you are going through and you may feel different from them. You might think about looking for support on the internet.

Connecting with other teens on the internet who share your experience can create an instant community of peers. You can have a peer support group without face-to-face meetings or attendance at a set location and time. Online peer support is available through message boards, chat rooms or email.

The internet can be a helpful place to get grief support, but it is important to know about the risks of internet use and how to protect yourself while online. Here are some websites that can help you be a more informed and safer internet user if you are not already:

www.onguardonline.gov

www.internetsafety101.org

<http://www.connectsafely.org>

Online Resources for Teens...

Before using the internet as a part of your grief support, here are some things to think about:

- Does the internet feel like an emotionally safe place to you?
- Writings and postings are often public and therefore not necessarily confidential. Are you OK with that?
- Are you confident that the words you are about to post are the ones that you want to say? It can be more harmful than helpful to post words that you later regret.
- Would online support be as effective to you as face-to-face support, or do you need a combination of both?
- Your answers to these questions may act as a guide to your use of the internet as part of your grief support.

Information and Educational:

www.hellogrief.org

<http://www.hov.org/teen-grief-support>

winstonswish.org.uk

www.dougy.org/grief-resources/help-for-teens

www.teensanddeath.com

www.griefspeaks.com

www.madd.ca

<http://youthspace.ca>

<http://mindyourmind.ca>

www.reasonstolive.ca

www.suicideinfo.ca

<http://youthinbc.com>

<http://www.comfortzonecamp.org>

<http://kidshealth.org>

<http://befrienders.org>

www.save.org

(This website provides crisis intervention and suicide prevention services and also provides information for families and friends of those who died by suicide)

<http://www.thetrevorproject.org>

(This website provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth)

www.suicideprevention.ca (Lists local resources)

Creating Memorials:

www.virtual-memorials.com

www.suicidememorialwall.com

<http://www.journey-through-grief.com/Starting-a-Memory-Book.html>

www.last-memories.com

<http://forgetmenotbook.com/>