

PATHWAYS CENTER
for GRIEF & LOSS

**BIBLIOGRAPHY FOR TEENS
ON ILLNESS & LOSS***

Carlile, Molly. **Sometimes Life Sucks: When Someone You Love Dies.**

Filled with great tips, stories and gentle advice, this book helps teens to navigate their personal experience of grief.

Crook, Marion. **Out of the Darkness: Teens Talk about Suicide.**

Examines the history of teen suicide, roles parents and schools play in suicide prevention, and coping strategies for teens in crisis. This is a book for both teens and adults that breaks the silence surrounding teen suicide, offering hope for those who think there is none.

Dougy Center. **Children, Teens and Suicide Loss.**

A guide book that addresses the common questions and concerns to support children and teens impacted by the suicide death of a loved one.

Dougy Center, The. **Helping Teens Cope with Death.**

This guidebook drawn from stories, suggestions and insight shared by teens and their family members. It explores how teens view death; how it impacts their lives; ways to help them safely express and process feelings after a death; how to be understanding and supportive to a grieving teen; and when to seek professional help.

Fairview Hospice. **Teen's Guide to Coping: When a Loved One Is Sick and Preparing to Die.**

This informational journal is for teens coping with a loved one's terminal illness. It encourages them to express feelings, learn specific techniques to cope with their grief and ways to remember the person who died.

Fitzgerald, Helen. **The Grieving Teen: A Guide for Teenagers and Their Friends.**

Written for teens to help identify and cope with feelings from the time that they learn of a loved one's illness. It also addresses sudden death and its aftermath, funerals, saying good-bye, ways to cope and what friends can do to help support a grieving teen.

Geithner, Carole. **If Only.**

Fictional novel about a thirteen-year-old who lost her mother and is trying to cope with the challenges of seeing her father's grief, going back to school, and hanging out with friends. The story moves through heartbreak and hopefulness as it realistically captures the life of a grieving teen.

Gootman, Marilyn. **When A Friend Dies: A Book For Teens About Grief and Healing.**

This book offers guidance on how to cope with sadness after the death of a classmate or friend.

Green, John. **The Fault in Our Stars.**

A fictional novel about a teenage girl coping with terminal cancer and her attempts to live life to the fullest. A book for teens living with or coping with a loved one with a terminal illness.

Heegard, Marge. **Growing Up...And Grieving.**

This book blends brief stories and education to help older children/pre-teens have a better understanding of death, grief and the changes that often occur because of the death.

Hospice of the Valley. **Grief Speak.**

An informational booklet created with the help of teens coping with the death of a loved one for other grieving teens. The booklet comes with a DVD that helps teens understand their grief and let them know that they are not alone. Also helps adults better understand grieving teens.

Huegel, Kelly. **Young People and Chronic Illness: True Stories, Help, and Hope.**

A self-help book for teens coping with chronic and serious illnesses told through the stories of actual teens coping with illnesses. Hemophilia, diabetes, epilepsy, asthma, cancer, inflammatory bowel disease, juvenile rheumatoid arthritis, congenital heart defect, and lupus are the illness highlighted throughout this book.

Jacobs, Jeanean & Lorig, Steffanie. **Chill & Spill: A Place to Put It Down and Work It Out.**

A creative journal offering a combination of writing and drawing activities that will help teens explore feelings and thoughts as they cope with everyday challenges and stressors.

Scrivani, Mark. **When Death Walks In: For Teenagers Facing Grief.**

An informational booklet for teens coping with the loss of a loved one. It addresses different styles of grief, feelings, grief and suicidal thoughts, self-care, unfinished business, dreams, and remembering their loved ones. It also includes topics on going back to school and finding support after a loss.

Sutton, Carol. **Double or Nothing.**

This is a story about a 12 year old girl and her path of healing after the death of her father. The story reminds us that it is normal to have many different feelings after a loss and that memories help keep us connected to our loved ones. Good story for older children/pre-teens.

Traisman, Enid. **Fire in My Heart Ice in My Veins.**

This journal helps teens honor, record, and realize their many thoughts, feelings and questions related to their loss and their memories. Excellent keepsake.

Wheeler, Jenny Lee. **Weird Is Normal When Teenagers Grieve.**

Written by a grieving teen for grieving teens. A self-help book that is practical and heartfelt for teens facing the challenges of how to grieve in an adult world filled with “shoulds” and unrealistic expectations.

Wheelhouse, Bill. **Help, Someone Very Close To Me Is Sick! A Journal for Teenagers and Young Adults Experiencing Difficulty Dealing with the Severe Illness of Someone They Love.**

Journal for teens that provides a private place to cope with the serious illness of a loved one. Questions, thoughts, and space helps the teen explore the depths of their feelings and overall uncertainty that accompanies this life experience.

Wolfelt, Alan. **Healing Your Grieving Heart for Teens: 100 Practical Ideas.**

Using simple, practical ideas and suggested activities, this book helps teens understand and cope with their grief

Wolfelt, Alan & Wolfelt, Megan. **The Healing Your Grieving Heart Journal for Teens.**

Designed for grieving teens as a companion to *Healing Your Grieving Heart for Teens: 100 Practical Ideas*, this journal provides a comforting, affirming, and healing presence in the weeks, months and years after the death of someone loved.

*All books listed in this bibliography can be borrowed from the Pathways Center for Grief & Loss' lending library, available Monday–Friday, 8 AM – 5 PM.

