

LIBRARY COLLECTION



The Thérèse Brady Library was established in 2003 to support the Irish Hospice Foundation's information and education functions. It houses a collection of over 4,000 items on death, dying, and palliative and hospice care and has a specialist focus on bereavement resources.

While the library is primarily reserved for staff and students of the Irish Hospice Foundation, public access and a professional membership option are available.

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The Irish
**Hospice
Foundation**

Striving for the best care
at end of life for all

Bereavement Resources

Adolescent Grief



The Irish
**Hospice
Foundation**

UNLIKE YOUNG CHILDREN, ADOLESCENTS FULLY UNDERSTAND THE CONCEPT OF DEATH.

However, they often have an exaggerated view of their own invulnerability. As their life goals and dreams start coming into focus, the concept of death can appear both threatening and remote.

It is important to give adolescents clear and accurate information at the time of a death.

For more information on supporting a grieving teenager, browse the resources listed here.

RECOMMENDED RESOURCES

BOOKS



Bereaved children and teens: A support guide for parents and professionals
by Earl A. Grollman (1996)

The grieving teen: A guide for teenagers and their friends
by Helen Fitzgerald (2000)

When a friend dies: A book for teens about grieving & healing
by Marilyn E. Gootman (2005)

Still here with me: Teenagers and children on losing a parent
by Suzanne Sjöqvist (ed.) (2007)

Out of the blue: Making memories last when someone has died
by Winston's Wish (2006)

Healing your grieving heart for teens
by Alan D. Wolfelt (2001)

ONLINE RESOURCES

Spun Out

<http://spunout.ie/tag/death/>

An Irish youth information website created by young people. It provides a space for teens to write about their grief and read about other teens' experiences.

Hope Again

<http://hopeagain.org.uk/>

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where young people who are facing grief can share their stories with others.

Reach Out

<http://ie.reachout.com/real-stories/inform-yourself/loss-and-grief/>

An Irish site offering mental health support and information for teens. Their grief and loss section provides advice on coping with loss. Teens can also share their own stories.