**Resources for *Good Grief* Waterford Library Talk, Oct 6, 2020**

Link to ***Tear Soup*** video on YouTube: [[*Tear SoupAMARA’s Storytime*](https://www.youtube.com/watch?v=GaIPb8Gohi4&t=44s)*]*

[Griefwatch.com](https://griefwatch.com) :

***Tear Soup*** *–* English and Spanish book versions, DVD version (English, 17 mins.)

Alsolots of helpful materials/links organized under “Resources” and “Topics”, in addition to “Products”

***Experiencing Grief****,* H. Norm Wright, 2004, Broadman and Holman Publishers— A small, “... very practical healing guide for those journeying through the experience of the loss of a loved one.” (cover).

[***How Anticipatory Grief Differs From Grief After Death***](https://www.verywellhealth.com/understanding-anticipatory-grief-and-symptoms-2248855)

By [Lynne Eldridge, MD](https://www.verywellhealth.com/lynne-eldridge-md-2248383), Updated on November 19, 2019

[ https://www.verywellhealth.com/understanding-anticipatory-grief-and-symptoms-2248855 ]

Excellent article on this subject.

[***When the world’s in crisis, we need ‘grief leaders.’ Here’s how to be one.***](https://www.washingtonpost.com/lifestyle/wellness/covid-grief-leadership/2020/09/16/51210be4-f444-11ea-bc45-e5d48ab44b9f_story.html)

Elizabeth Chang, September 17, 2020, Washington Post

[https://www.washingtonpost.com/lifestyle/wellness/covid-grief-leadership/2020/09/16/51210be4-f444-11ea-bc45-e5d48ab44b9f\_story.html ]

**Guides for Families**:

[SUPPORTING FAMILIES TO COMMUNICATE THE DEATH OF A RELATIVE](https://www.psych.ox.ac.uk/research/covid_comms_support/healthcare-profehttps://www.washingtonpost.com/lifestyle/wellness/covid-grief-leadership/2020/09/16/51210be4-f444-11ea-bc45-e5d48ab44b9f_story.htmlssionals/families)

[ <https://www.psych.ox.ac.uk/research/covid_comms_support/healthcare-professionals/families> ] Written guidelines and video animation to support families.

Also, similar resources for healthcare professionals and care home staff on how to communicate about death of a loved one by phone.

Written guidelines in Spanish, Urdu, Portuguese, Cebuano, Tagalog

University of Oxford, Department of Psychiatry, Medical Science Division

[*Talking to children about illness*](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf)*,* British Psychological Society, 2020 *–* practical and specific guidance on helping children 0 to 13+ deal with illness during Covid-19.

[ <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf> ]

[COVID-19 Parental Resources Kit](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/adolescence.html) – Resources by age groups from 0 to 24 years for

“Social, Emotional, and Mental Well-being”

[ https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/adolescence.html ]

[A Self-Care Guide...during COVID-19.](https://static1.squarespace.com/static/5d0d32005d7640000177b27d/t/5e9ca44339f0f40fc872e522/1587323971950/Self-Care+Guide_Change-makers+and+Peacebuilders.pdf)Mary Hock Center, George Mason University

Helpful self-care guide during Covid.

[[https://static1.squarespace.com/static/5d0d32005d7640000177b27d/t/5e9ca44339f0f40fc872e522/15873239719 50/Self-Care+Guide\_Change-makers+and+Peacebuilders.pdf](https://static1.squarespace.com/static/5d0d32005d7640000177b27d/t/5e9ca44339f0f40fc872e522/15873239719%2050/Self-Care+Guide_Change-makers+and+Peacebuilders.pdf) ]

[First Aid Arts Mini Toolkit: Tools for your Emotional and Mental Health](https://www.firstaidarts.org/covid-19)

[<https://www.firstaidarts.org/covid-19>]

# [Common Threads Project](https://commonthreadsproject.org) –“Together we can create a path to psychological recovery for women who have survived violence, war, and displacement” (website).

Checkout the “Story Cloth Gallery” section of the website.

**Local Support Groups:**

Grief Share ([Griefshare.org](https://www.griefshare.org) – nationwide Grief Recovery Support Groups)

Other groups?

**Disclaimer:**

The information in this Library Talk on Grief is for educational purposes only and should not be construed as professional mental health advice, nor is the information a substitute for professional mental health expertise or treatment. If you have a mental health concern, you should consult with your licensed mental health care provider or seek other professional mental health treatment. If you think you may have a mental health emergency, such as feeling suicidal, call your doctor, mental health professional or emergency services immediately.