

Films and Help for Teenagers Coping with Grief.

Inside Out.

An animated film that shows how we need all of our emotions to help us through difficult times, not least Sadness. Joy spends most of the film trying to block the influence of Sadness, but eventually recognises that acknowledging Sadness is key to managing loss.

Coco

A moving and joyful film based around the Mexican festival Day of the Dead, Coco highlights the importance of remembering relatives who have passed away through customs and traditions.

The Fault in our Stars

Hazel Grace Lancaster (played by Shailene Woodley) falls in love with Gus Waters, a fellow teen in her cancer support group. The two, who share a common interest in a Dutch author, embark on an adventure to Europe. While this teen romance attracted some criticism for being unrealistic, it has been praised for its empowering portrayal of young people with terminal cancer.

Manchester by the Sea

After the death of his brother, Lee is made the sole guardian of his teenage nephew Patrick, an event which leads him to confront his past in the fishing village where he grew up, Manchester by the Sea. This Academy-Award winning film was celebrated for its honest portrayal of male grief.

The Lion King

The worst fear a small child can have is having their parents taken away from them, mostly through this act of death. The Lion King confronts these fears, as it is the young character, Simba, who must witness his father's death. The film exposes the suffering we inflict and the suffering we bear.

Websites to get support and help.

Grief - Compassionate Friends

ABOUT - The Good Grief Project

How Do I Comfort a Teenager Through Grief?

Don't rush to fill in silent moments. If your teenager doesn't want to talk then don't worry its perfectly normal.

Maybe just give them a hug, offer tissues, hold hands and just being present can be meaningful and they will know how much you care. Also know its ok to let them see you cry or be upset.

Don't be afraid to say something. Don't let the fear of not knowing what to say keep you from saying anything at all. We are all unique, we all cope with grief differently.

Your teenager knows you can't change anything, and you may feel that you want to try and make them feel better, but life doesn't work this way.

Your teenager will want to talk about anything other than receiving your advice and your love and support is what is needed towards helping them heal.

Selfcare is really important during difficult times, your teenager may have trouble sleeping as when someone close to them has died it is a stressful experience. Knowing they've had a proper diet and proper sleep is very much needed.

Encourage connection with friends and family members. Maybe invite some friends over as it may help them open up and discuss their feelings that otherwise may have gone unspoken. Many teenagers have little experience with death and may not know how to ask for help. After someone they know dies, young people are faced with the reality of death and their own mortality.

They may not know how to verbally express the hurt and pain, so their grief may come out in the form of angry outbursts, physical altercations, or risky and dangerous behaviour and turn to alcohol or substances.

Though it's normal for a teen to experience a wide range of emotions following the death of a close friend or family member, be on the lookout for unhealthy coping patterns.

In time, your teen's emotions should begin to level out.

If this doesn't happen, please seek professional help. Trained mental health professionals can help your teen process and cope with death.