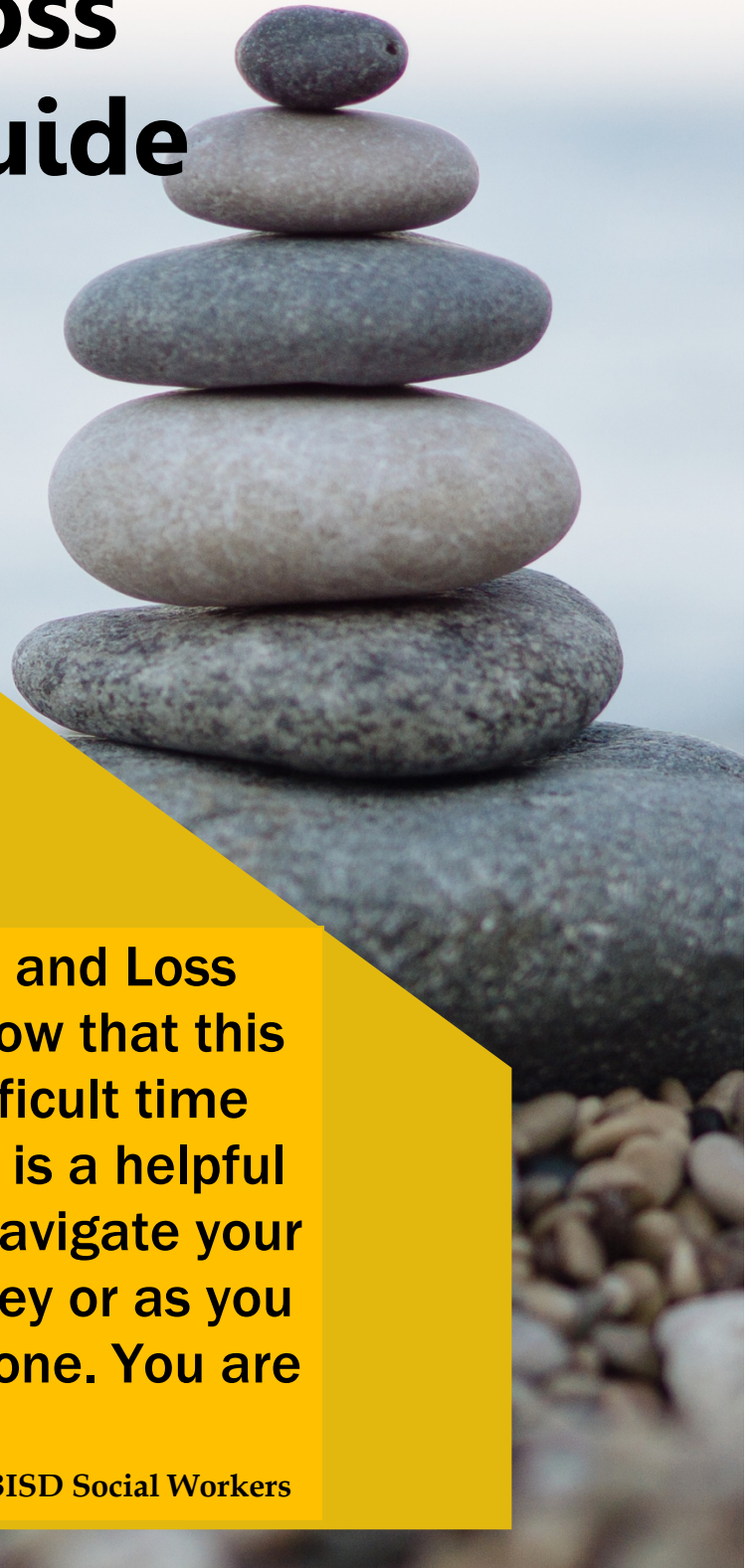


Grief and Loss Resource Guide



Welcome to this Grief and Loss Resource Guide. We know that this might find you at a difficult time right now. We hope this is a helpful resource to you as you navigate your own grief and loss journey or as you attempt to help a loved one. You are not alone.

FBISD Social Workers

Directory

Mental Health Resources

Bo's Place

- Free grief support counseling
- <http://www.bosplace.org/>
- 10050 Buffalo Speedway, Houston, TX 77054

Clear Hope

- www.clearhopewellness.com
- Phone: 281-769-2238

Psychology Today

- <https://www.psychologytoday.com/us>

Mental Health Support Line

- [COVID 19 Mental Health Support Line](#)

Texana Behavioral Healthcare Clinic

- <https://www.texanacenter.com>

Legacy - Pediatric Telehealth

- <https://www.legacycommunityhealth.org/services/pediatrics/pediatric-telehealth/>

Texas Health and Human Services

- Covid-19 Mental Health Support Line
- Phone: 833-986-1919 Free of charge.

Information for Parents

Caregiving amidst COVID 19 (Article)

- <https://drive.google.com/drive/folders/1gnCNKkhjXW7HeqlcUJEBI69bf2IXsaFh>

Information about teen and children grief (Article)

- <https://victoriahospice.org/wp-content/uploads/2019/08/VH-ChildrenTeenGrief.pdf>

After a loved one dies – how parents can support children (Article)

- <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/After-a-Loved-One-Dies-English.pdf>

Helping children cope with grief (Article)

- <https://childmind.org/aide/helping-children-cope-grief/>

Misc. Loss

Loss of a Job

- <https://www.helpguide.org/articles/stress/job-loss-and-unemployment-stress.htm>
- <https://www.twc.texas.gov/jobseekers/applying-unemployment-benefit>
- <https://www.fbchhs.org/social-services>

Loss of Social Interaction/Loneliness

- <https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

Handouts and Worksheets

Grief Iceberg

- https://www.bosplace.org/wp-content/uploads/2016/12/16BOSP137_Iceberg_flyer_GTP.pdf

How to Help a Grieving Child

- https://www.bosplace.org/wp-content/uploads/2016/12/16BOSP158_How_to_Help_a_Grieving_Child_flyer_GTP.pdf

Worry in Children

- https://www.bosplace.org/wp-content/uploads/2016/12/16BOSP149_Worry_in_Children_flyer_GTP.pdf

Mindfulness and Grief

- http://www.bosplace.org/wp-content/uploads/2016/07/16BOSP127_Mindfulness_and_grief_flyer_GTP.pdf

Stages of Grief

- <https://www.therapistaid.com/worksheets/stages-of-grief-education.pdf>
- <https://www.therapistaid.com/worksheets/stages-of-grief-education-spanish.pdf>

Grief Sentence Completion

- <https://www.therapistaid.com/worksheets/grief-sentence-completion.pdf>
- <https://www.therapistaid.com/worksheets/grief-sentence-completion-spanish.pdf>

Misc. Video Links

Homelessness

- Sesame Street introduces first homeless character
 - <https://www.youtube.com/watch?v=xRogpFFytU8&feature=youtu.be>

Challenges

- Sesame Street: Helping Children Thrive Through Challenges
 - <https://www.youtube.com/watch?v=5RUkqyeTcec&feature=youtu.be>

Explaining Grief to Children

- <https://www.youtube.com/watch?v=X60vnw6tcsi&feature=share>

Losing a Parent

- <https://www.youtube.com/watch?v=G1kvrag3BXk&feature=youtu.be>

Helping Your Child Cope With Grief

- <https://www.youtube.com/watch?v=SfwqMV8Wka0&feature=share>

Helpful Websites

- <http://sharedgrief.org/>
- [Sesame Street Grief Storybook](#)