

The background features several concentric, overlapping circles and arcs in a light grey color, some solid and some dashed. A large, solid red speech bubble shape is centered on the page, containing the text.

We All Grieve

Supporting Grieving Teens/
Young Adult Grief Considerations

Speier Malone McCormick

- I'm afraid of the light,
- Scared of the day
- That I would shine bright
- And then fade away.
- - Speier McCormick






Losing a Loved One

Acknowledge the presence of grief, your thoughts, and feelings

The background features several sets of curved lines in grey and white, some solid and some dashed, creating a sense of movement and depth. A prominent red speech bubble with a white border is positioned on the left side, containing the text 'People don't understand'.

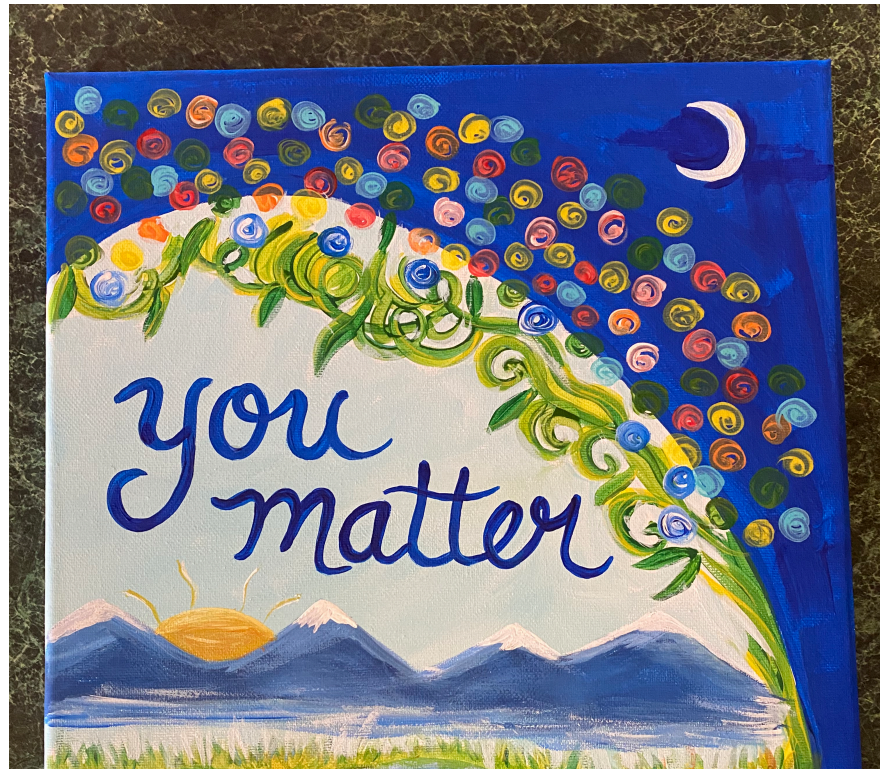
People don't
understand

- You have not simply lost one person, at one point in time. You have lost their presence in every aspect of your life. Your future has changed as well as your “now”
- When you lose someone, people are afraid to mention your loved one because they think it will make you sad. Remind them that by remembering them they are remembering that they LIVED.

- 
- Grieving Teens still want to be “normal”
 - Let the teen take the lead
 - Be conscious of the language you use
 - Peers are important
 - Get help if needed (or asked for)



**DON'T
GIVE UP**



How long do people grieve?

- A grieving teen must resolve the emotional and life changes that come with the death of a loved one. The pain may lessen over time, but it normal to feel emotionally involved with the loved one for many years.
- None of us experience grief the same way. Every loss is different. Be patient. Remind them that their feelings matter.

A decorative background featuring several sets of curved lines in the corners, some solid and some dashed. A prominent red speech bubble is positioned on the left side, containing the text 'Self-Care'.

Self-Care

What are some things that you can do to take care of yourself?

- Honor your feelings
- Grief Counseling
 - Journaling
- Music Therapy
- Art Therapy

Teen Grief

Grief in teens/young adults can manifest in signs that include changes in attitude and behaviors.

- feelings of hopelessness or emptiness
- irritability
- angry outbursts
- insomnia or sleeping too much
- social isolation
- excessive use of alcohol or other substances
- thoughts of death, dying, or suicide



Messages of Hope
YOU MATTER









 you matter
Mental Health AWARENESS

YOU GOT THIS

DON'T GIVE UP

ONE DAY AT A TIME

YOU ARE WORTHY OF LOVE

BAL BY NIGHT
Your Party's
Bal
Costu
Party
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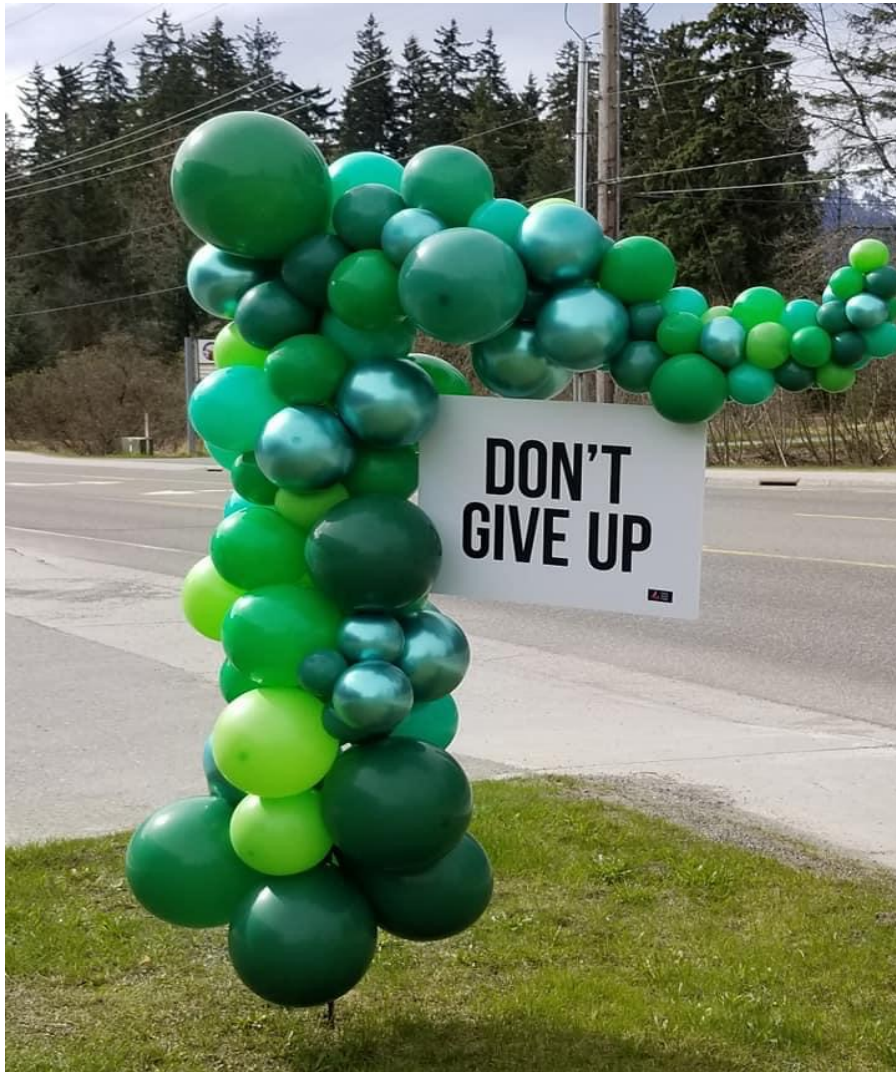
**YOU ARE
NOT ALONE**

**YOU ARE
ENOUGH**

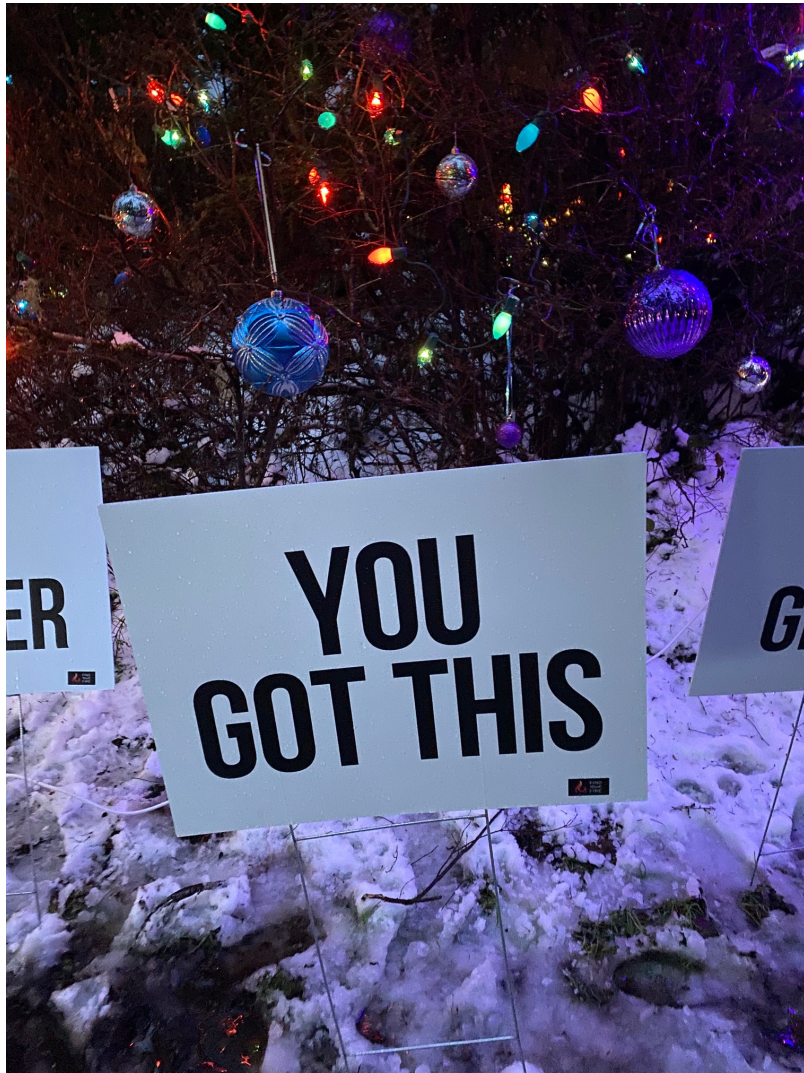
**YOU ARE
WORTHY
OF LOVE**











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11/26 THUNDER MOUNTAIN HS 6:00 PM
12/03 JUNEAU DOUGLAS HS 6:00 PM

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FINDYOURFIRE907@GMAIL.COM

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REGION V BASKETBALL
TOURNAMENT

TAKE A TIMEOUT TO TALK

YOU MATTER

MARCH 10-14, 2020

WEAR PURPLE













TAKE A
TIME OUT
2 TALK

TEXT
7
4
1
7
4
1








TAKE A TIMEOUT
♥ TO TALK ♥

Careline: 877-266-4357



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FIND YOUR FIRE

CALL 877-266-4357

TEXT 741-741

CALL 877-266-4357

TEXT 741-741



 You Are Loved	 Just Breathe	 You are Worthy
 You Matter	 Strength	 You are enough
 Healing	 #Undeafed	 Hope

Suicide Facts & Figures: Alaska 2019 *



On average, one person dies by suicide every 44 hours in the state.

Nine times as many people died by suicide in Alaska in 2017 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflect a total of 5,286 years of potential life lost (YPLL) before age 65.



Suicide cost Alaska a total of **\$226,875,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,383,382 per suicide death.**

*Based on most recent 2017 data from CDC. Learn more at afsp.org/statistics.



5th leading cause of death in Alaska

- 1st leading**
cause of death for ages 15-24
- 2nd leading**
cause of death for ages 25-34
- 3rd leading**
cause of death for ages 35-44

- 5th leading**
cause of death for ages 45-54
- 7th leading**
cause of death for ages 55-64

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Alaska	200	27.11	2
Nationally	47,173	14.00	

SUICIDE WARNING SIGNS



TALK

Being a burden to others
Experiencing unbearable pain

Killing themselves

Having no reason to live
Feeling trapped



MOOD

Loss of interest
Depression

Irritability
Rage

Anxiety
Humiliation



BEHAVIOR

Increased use of alcohol or drugs

Acting recklessly

Withdrawing from activities

Looking for a way to kill themselves, such as searching online for materials or means

Isolating from family and friends

Sleeping too much or too little

Visiting or calling people to say goodbye

Giving away prized possessions

Aggression



AMERICAN FOUNDATION FOR
Suicide Prevention









We are all in this together!



Find Your Fire

Mentoring Young Adults in Southeast Alaska

www.findyourfire.net