HIGH SCHOOL COUNSELING

Grief Resources for Teens

Grief & Loss

- **8 Things to Try When Grief Gets Intense**
- **The Dougy Center- National Center for Grieving Children & Families**
- **Hope for the Broken Hearted- tips, videos, support for grief**
- **Mourning Hope Grief Center-Resources for Teens**

Self-Care

- **How to make self-care routines**
- **Top 10 Self-Care Tips for Teens**
- **Unicef:** How teens can protect their mental health during COVID-19
- **Exercise ideas** here and **additional free workouts**