

Death of a Teenager - How to Cope with the Grief

If you are suffering grief for the death of a teenager, you have my deepest sympathy. We hope that some of the information on this page may give you a glimmer of hope..

The death of a teenager, for whatever reason is a tragedy, Remember if you're grieving it's because your teenager was loved. No-one can hope for more than that.

Celebrate the life and talk about the memories. There will be tears, but there will be lots of laughter and anecdotes too. You have to be happy for the life they had. Do not be scared to talk happily,

Don't blame yourself for teenage accidents

The major cause of death for teenage boys is accidents. They think they are indestructible. Skate boards, bicycles, rushing everywhere, so full of life. Many parents have the urge to wrap them in cotton wool, keep them safe.

Teenage Suicide - again don't blame yourself

Life can become very difficult for late teens and young adults. Unreasonable expectations of becoming fighter pilots or wealthy businessmen, or actresses or fashion models are dashed. Reality steps in when trying to study for exams, find a job or get into university.

They have the pressures of first love and being accepted by the "in" group. Adulthood is looking scary. Peer group pressure is paramount at this stage. Fear of failing and anxieties about being accepted mount up, Parents can be aware of trouble and can try to reach out to their son or daughter, but when the worst happens and a **suicide** occurs, whether drugs related or not, the guilt can be overwhelming. **However, it is not your fault.**