Resource Bank for GRIEF & LOSS

Helpful Handouts
- The Grieving Process
- Distress Tolerance
- 30 Days of Self-Care Plan
- Coping with a Breakup

Books and Podcasts
- The Wild Edge of Sorrow - Francis Weller
- Healing with David Kessler Podcast
- Unlocking Us Podcast with Brene Brown and David Kessler - "Grief and Finding Meaning"
- Unlocking Us Podcast with Brene Brown and Samin Nosrat - "Grief, Gratitude and Connection"

Apps
- Finch: Self Care Widget
- Insight Timer
- Calm
- Headspace
- Pet Loss and Healing

Campus Resources
- Let's Talk - Counseling and Psychological Services
- Case Management
- Koru Mindfulness - Wellness & Prevention Services
Websites & Videos

- Coping with Grief and Loss
- Bereavement: Grieving the Loss of A Loved One
- Actively Moving Forward
- Grief.com
  - On-line support group - Tender Hearts
- Finding Hope in Hopelessness Peta Murchinson
- What Forty Steps Taught Me About Love and Grief Tembi Locke
- We don't "move on" from grief. We move forward with it Nora McInerny
- How to Support yourself (and others) through grief Nina Westbrook

Social Media

Instagram
- @optionb
- @alica.forneret
- @queering_grief
- @goodmourningpodcast
- @refugeingrief
- @letsreimagine

List Your Own!

Interested in learning more?

Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

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