

In early 2017, the Children & Youth Grief Network collaborated with

Kids Help Phone

to update their grief and bereavement resources. Together, our organizations worked to ensure that their team had up-to-date information to help counsellors recognize and support grieving young people. Here is what we've learned so far...

In 2017, Kids Help Phone recorded **59,531 sessions**, for an average of **163 interactions per day**.

20,479 (34%) of these calls and chats were related to **mental and emotional health**. **5%** of these calls dealt specifically with the issue of **grief**.

This means that Kids Help Phone receives approximately

1,024

interactions every
year, or

THREE

calls or chats every single day
from **someone who is grieving**.

And this does not include calls that are related to grief in indirect ways. The feedback on the resources has been positive, with counsellors across the organization sharing that they are helpful references in their work:

"[The resource is] very thorough in terms of the possible changes in behaviours and the different areas of life that could be impacted by loss. Helpful for counsellors in the moment who may be less familiar with how grief feelings can present."
-Counselling Manager

"The expressions of grief (as a wave, feeling numb, etc.) were really helpful in a recent call. I was able to normalize a young person's reaction, who was concerned because her experience was different from her sister's."
-Counsellor

"The insight on 'complicated' grief was invaluable – it brought to light that the impact of various circumstances are profoundly unique experiences."
-Counselling Manager

We at the Children & Youth Grief Network want to ensure that all children have access to accurate information and well-informed support when they are grieving. If you or your organization would like to update or create grief resources, or learn more about supporting grieving children and teens, connect with us!