

Talking to Children About a Military Death By Suicide

The Need

When a loved one dies, it can be incredibly difficult to know how to support children. But there are strategies and steps you can take to create a space to share, grieve, and celebrate that loved one.

The Response

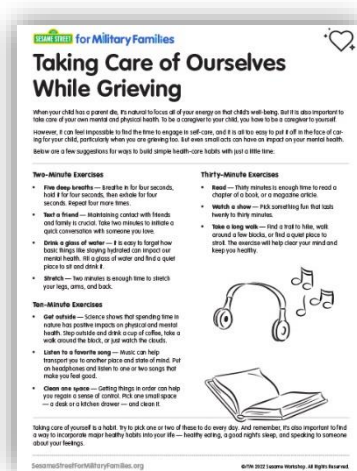
To help military families navigate the complex experience of losing a loved one by suicide, we have added new materials to the [Sesame Street for Military Families: Grief](#) topic page. The resources are intended to support parents, caregivers, and providers in helping children understand and cope, while offering strategies for adults to take care of themselves while grieving.

New Resources Include:

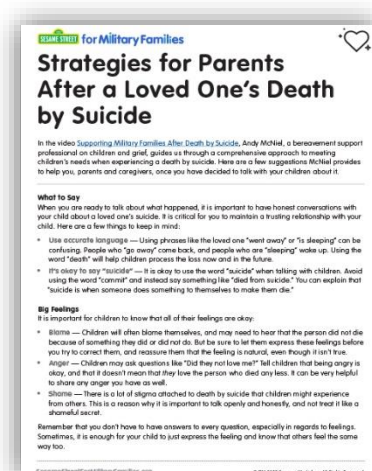
- **A Documentary** highlighting the experiences of real kids and families at the Tragedy Assistance Program for Survivors (TAPS) Good Grief camp and offering strategies for adults to help children honor their special person.
- **Printable Resources Pages** that offer self-care strategies for adults while grieving and suggestions for talking to children about the difficult topic.
- **Articles** to help caregivers stay connected to the military community while grieving and communicating with children after a suicide.



Supporting Military Families After Death by Suicide



Taking Care of Ourselves While Grieving



Strategies for Parents After a Loved One's Death by Suicide

Major support provided by

