

"Grief is just **love** with no place to go."



Healing doesn't have to look magical or pretty.

Real **healing** is hard, exhausting, and draining. Let yourself go through it. Don't try to paint it as anything other than what it is. Be there for yourself with no judgement.



"You are **strong** for getting out of bed in the morning when it is hard. You are **brave** for doing things even though they scare you or make you anxious. And you are **amazing** for trying and holding on no matter how hard life gets."

ALERTS / CRISIS RESOURCES

Crisis Re:solve
1-888-796-8226



Safe 2 Say



**Highmark Caring
Place**



PLACES TO GO WHEN GRIEVING

**Allegheny
Health Network**



**Slater Bereavement
Services**



**UPMC Camp
Wakchazi**



Camp Erin:
Google
"Camp Erin
Pittsburgh"

PROUD TO PROVIDE STUDENT ASSISTANCE IN THESE DISTRICTS



Chartiers Valley



Keystone Oaks



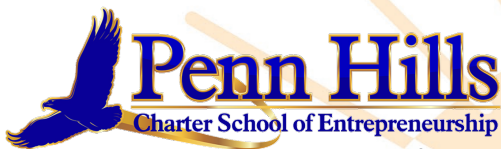
McKeesport



Mt. Lebanon



Penn Hills



Penn Hills Charter School of
Entrepreneurship



Sto Rox



West Jefferson Hills