

Name of Resource: Beyond Indigo: Your first year of grieving

Author: Kelasan, Inc. based out of Minneapolis, MN

Publication Data: <http://www.beyondindigo.com/index.php>

Crisis Intervention Area: Loss in general/grieving children, teen grief support

Appropriate Clientele: Teenagers and above. Children in elementary school would likely not have the vocabulary for this website.

Summary of Resource:

This is a series of websites dealing with loss and grief in a general sense, however there are a few branch websites which deal directly with more specific subjects. These subjects are, grieving children and teen grief support. There are also sub-websites that deal with memorializing the lost loved one, telling stories about the lost loved one, and support groups and buddy systems. The thing that stood out for me when looking through this website was the fact that anyone can sign up for a year, seemingly for free and the members receive such things as: articles that help people on their personal journey through grief and loss, daily, weekly and monthly emails to help remind of coping strategies; and a member can set up their own private web page through the site. Their web page can be a personal journal of what types of grief they are dealing with, as well as past articles of interest can be viewed through your personal web page. This resource can act as an immediate intervention strategy. However, the website is set up for use in the first years after a loss. This resource is a very good and thorough resource, however may be seen as more of a long term intervention strategy. Also, this web site would be slightly difficult to use for first or beginner internet and World Wide Web

users. The way that it is set up makes it seem that it is geared more toward people who are familiar with the internet.

Review Submitted By:

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