

IN ADDITION TO A DEATH...

WAYS QUEER GRIEF MIGHT LOOK DIFFERENT



AMBIGUOUS LOSS

Happens when the person, place, or something important to you does not die, but is no longer in our lives or the relationship has changed in some way.

COLLECTIVE GRIEF

Refers to when a whole community experiences a loss. You do not have to have personally known the person to be grieving them.

DISENFRANCHISED GRIEF

Many Queer and Trans folks are not given the same rights/permission to grieve for safety or legal reasons.

MISSED OPPORTUNITIES

Might look like not having the chance to share your identities with people who are no longer in your life, whether because it wasn't safe to tell them before they died or because the identities are newly realized.

STRENGTH IN COMMUNITY

Being queer and trans means you have a whole community with shared experiences that you can lean on and share joy with (both in person and virtually!)
Examples include: Trevor Space, a social platform for LGBTQ+ young people.

Uplift Center for Grieving Children

Office: 267-437-3123
Philly HopeLine: 833-745-4673

www.UpliftPhilly.org

    @upliftcenter

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