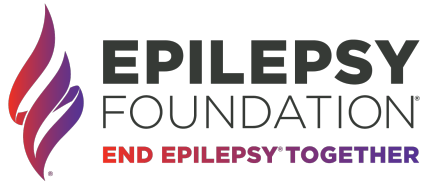


Podcasts

Below is a list of podcasts families have found helpful.

- **All There Is with Anderson Cooper**
 - Anderson Cooper takes us on a deeply personal exploration of loss and grief. He starts recording while packing up the apartment of his late mother Gloria Vanderbilt. Going through her journals and keepsakes, as well as things left behind by his father and brother, Cooper begins a series of emotional and moving conversations about the people we lose, the things they leave behind, and how to live on - with loss, with laughter, and with love. Listen on Apple Podcasts and Spotify.
- **Here After with Megan Devine**
 - Each week on Here After, join best-selling author and psychotherapist Megan Devine for conversations with interesting people about difficult things. Here After explores the kind of hope you get from telling the truth about how hard things are, the hope you get from keeping your eyes open and refusing to let your heart shut down. Real world hope, with guests from the front lines of grief, loss, trauma, education and activism. Here After with Megan Devine is how you'd imagine the coolest dinner party ever might be: conversations that leave you feeling seen, heard, and even a little inspired to head back out into the world to have your own conversations about difficult - and hopeful - things. Listen on Apple Podcasts, Spotify, and iHeartRadio.
- **Sorry, I'm Sad with Kelsie Snow**
 - When her husband was diagnosed with Amyotrophic Lateral Sclerosis (ALS) and given 6-12 months to live, Kelsie Snow avoided other people's sad stories as a rule, but as time wore on she found herself seeking them out. Snow, a former sports reporter for The Boston Globe, Los Angeles Times and St. Paul Pioneer Press, began writing about her life on her website and learned there is comfort in knowing how others have loved, lost and kept going. Sorry, I'm Sad chronicles the Snows' story in real-time. From the desperate early days to the hopefulness of a promising clinical trial, to heartbreaking setbacks and constant grappling with mortality, Kelsie, her husband Chris, an assistant general manager of the NHL's Calgary Flames, and others they have met along the way share stories about grief, loss and the importance of hope. Listen on Apple Podcasts and Spotify.
- **Terrible, Thanks for Asking**
 - Nora McInerney lost her husband, her father, and her unborn second child in "one catastrophic year." Now, she writes about how we handle grief, and our willingness to ignore it to save face. Her podcast explores what it means to be honest about our mental health at the moment, rather than pretending like everything is ok. Listen on Apple Podcasts.
- **Unlocking Us with Brené Brown**



- This Dr. Brené Brown podcast is about mental health and the “conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.” Topics include loneliness, living with faith, and storytelling. Their episode with grief expert David Kessler is a good place to start. Listen on Spotify.
- **Grief Out Loud**
 - Losing someone is never easy, but not feeling like you can’t talk about it is difficult and isolating. This podcast from the Dougy Center wants you to talk about your grief out loud, in public, and they’re here to support you while you do it. Episodes feature children, teens, and anyone who’s dealt with grief and willing to share their story. In their most recent episode, a young woman shares how much anger she felt at her dad’s suicide, and how she had to deal with those emotions before they damaged her relationships. Listen on Apple Podcasts and Spotify.
- **What’s Your Grief?**
 - This grief support podcast is here to provide resources, personal stories, and coping skills to those grieving. It comes from the mental health website of the same name and is hosted by mental health professionals Eleanor Haley and Litsa Williams. Topics include how to not avoid your grief and grief expectations. Listen on Apple Podcasts and Spotify.