

Hey you, how are you doing today?

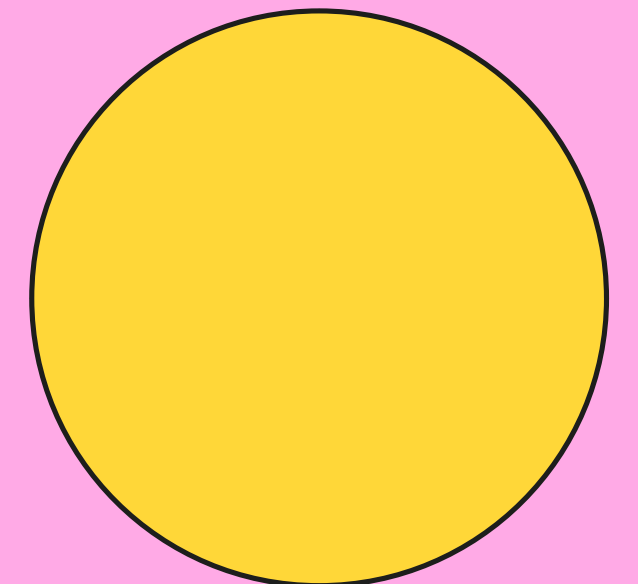
The Fandangoe Skip: \*on tour\* is all about creating alternative spaces to explore, process and acknowledge our experiences of grief and loss.

We've put together some websites, blogs, podcasts and downloadables for you as offerings of different ways you might be able to access support. We are sending you loads of love and hope that you get to find whatever you need for today.

Go gently,

The Fandangoe Skip: \*on tour\* Team

**THE FANDANGOE SKIP**  
**\*ON TOUR\***



## BLOGS, INSTA + WEBSITES:

Debra- <https://www.debra.org/other-resources/bereavement>

Grief Support Directory- <http://www.aftering.com/grief-support-usa>

Grief Support- <https://grief.com/>

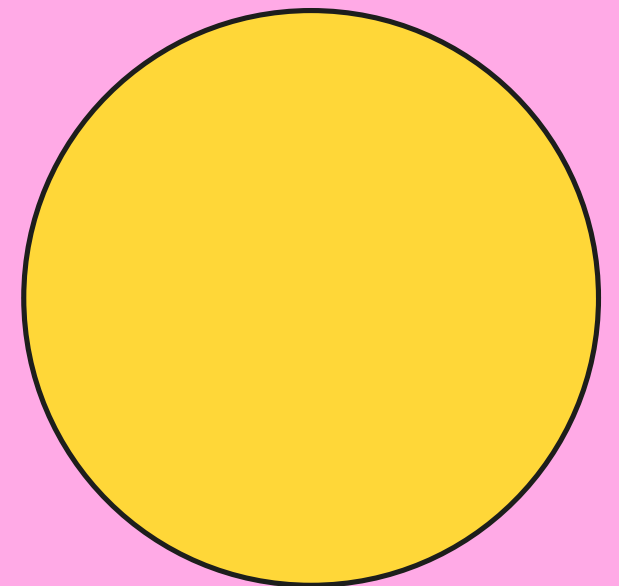
What's your Grief- <https://whatsyourgrief.com/>

A blog about grief- [Dear You a Letter About Grief](#)

The Vertelle Project- connecting women and nature:  
<https://www.vertelle.co.uk/blog>

LGBT Health & Wellbeing- <https://www.lgbthealth.org.uk/blog/>

**THE FANDANGO SKIP**  
**\*ON TOUR\***



## BLOGS, INSTA + WEBSITES:

Men's Health Matters- <https://mensmindsmatter.org/blog/>

The Dinner Party – Grief support for 20s and 30s  
<https://www.thedinnerparty.org/>

The Phoenix Project - healing and wellness app -  
<https://www.iamphoenixproject.com/>

Oye - Latin American community mental health and wellness support  
online - <https://oye.co/resources/>

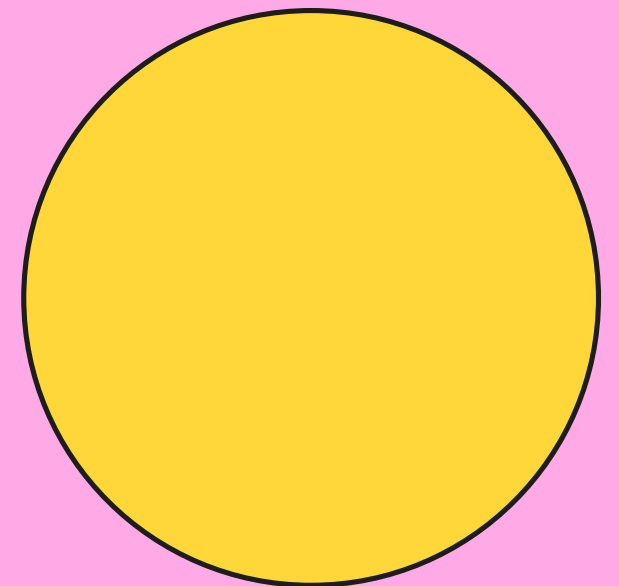
Strong 365 – mental health support- <https://strong365.org/>

Black Girls Breathing- <https://www.instagram.com/blackgirlsbreathing/>

Morgan Harper Nichols-  
<https://www.instagram.com/morganharpernichols/>

Notes from your therapist:  
<https://www.instagram.com/notesfromyourtherapist/>

**THE FANDANGO SKIP  
\*ON TOUR\***



## BLOGS, INSTA + WEBSITES:

Asian Mental Health Project-

<https://www.instagram.com/asianmentalhealthproject>

Alex Mammadyarov - <https://www.instagram.com/alexmammadyarov>

Cooking Through Grief -

<https://www.instagram.com/cookingthroughgrief>

## PODCASTS:

Terrible, Thanks for asking- <https://ttfa.org/>

The Art of Dying Well- <https://www.artofdyingwell.org/>

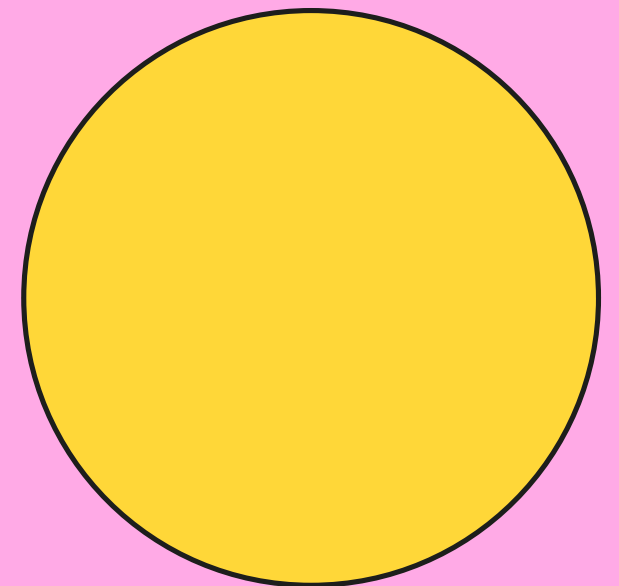
Help me to be me- Help Me Be Me – Podcast – Podtail

Help 2 make sense (children and YP)- Podcasts | Help 2 Make Sense

Feel Good Live More Podcast -

<https://drchatterjee.com/blog/category/podcast/>

**THE FANDANGO SKIP**  
**\*ON TOUR\***



## PODCASTS:

The Grief Gang Podcast - <https://www.thegriefgang.com/>

Podcast recommendations - <https://podbiblemag.com/guest-blog-podcasts-mental-health>

Grief Cast - <https://cariadlloyd.com/griefcast>

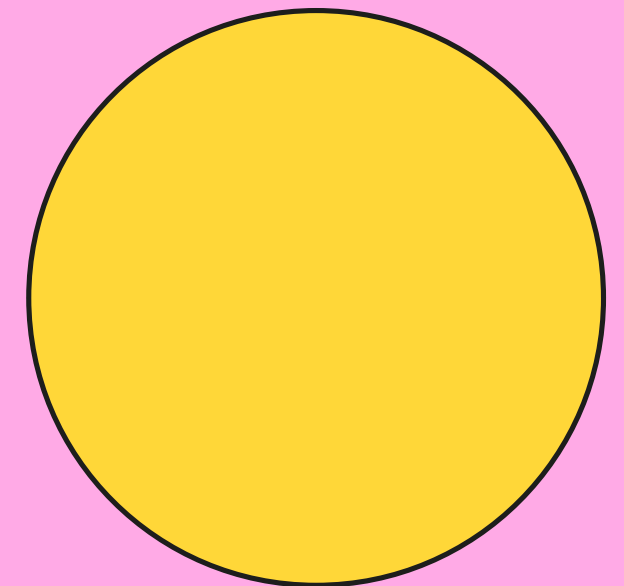
Grief Out Loud- <https://www.dougy.org/news-media/podcasts>

Get Real - Mental Health & disability – GET REAL: Podcast | ermha365

What's your Grief Podcast- <https://whatsyourgrief.com/grief-podcast/>

The Grief Mixtape - <https://sohoradiolondon.com/show/rough-trade-books-the-grief-mixtape-16-08-2021>

**THE FANDANGO SKIP**  
**\*ON TOUR\***



FREE RESOURCES TO DOWNLOAD FROM THE LOSS PROJECT:

Collage workshop - <https://vimeo.com/671898272>

Zine Making workshop - <https://vimeo.com/671895220>

Collage memorial workshop -  
<https://www.thelossproject.com/product-page/colours-of-loss-workshop-pre-recorded>

The Grief Compass: a reflective journal around grief and loss -  
<https://www.thelossproject.com/product-page/the-grief-compass>

**THE FANDANGO SKIP  
\*ON TOUR\***

