

## How can we help?

When someone dies, we can have lots of different feelings. Here are a few you may have felt:

- Guilty
- Happy
- Sad
- Angry
- Tired
- Scared
- Mixed up

## What do we do?

At Richmond's Hope we can help you understand and cope with these feelings by giving you the time and space to:

- Talk and be listened to without being judged
- Make things to remember the person who died
- Have your questions answered
- Explore how the death has impacted your life

## Here is what other young people have said about Richmond's Hope:

"It's good, go! You get to do stuff and you don't feel left out any more and you have someone to talk to if things worry you"

"Since coming to Richmond's Hope... I am more confident."

"I feel much better because I have got someone to speak to."



## Mission Statement

We believe that we can make a difference in the lives of children who have been bereaved by supporting them through their grief using therapeutic play providing a safe haven for them to work out their feelings

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# WHEN SOMEONE DIES...

INFORMATION  
FOR YOUNG  
PEOPLE



## Who are we?

Richmond's Hope is a place for children and young people between the ages of 4 and 18 to come when someone dies.

Richmond's Hope is based in Richmond Craigmillar Church.

## How often will you come to Richmond's Hope?

You will come once a week for approximately 16 weeks.

“I feel much better because I have someone to speak to.”

Young Person

## Peer support

A lot of teenagers tell us they have experienced a few of the feelings below:

- I can't talk to my friends about this.
- No one understands what I'm going through, but they think they do.
- I can't talk to my parent(s) because I don't want to upset them
- Everyone wants me to talk about my feelings and I don't want to talk.
- I just want to be alone.
- Why do I feel so different?
- When will these feeling go away?
- I don't know what I feel.
- I hate it when people tell me, "Life goes on"

Sometimes it helps to talk to other people your own age who have had someone die too.

## Young person's group

(age 13-18)

When? Every Second Friday

Where? Richmond's Hope (Craigmillar Base)

Time? 1.30pm-3.00pm

Each teen's grieving experience is unique.

There are no "right" and "wrong" ways to grieve.

Every death is unique and is experienced differently.

The grieving process is influenced by many issues.

Grief is ongoing.



Richmond Craigmillar



Teenroom



Feelings Mask



Art Materials



Memory Jar



Memory Activities