

# 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



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

Richmond's Hope is a Scottish Charitable Incorporated Organisation SCIO SC036720



Richmondshope



RichmondsHopeCharity



[www.richmondshope.org.uk](http://www.richmondshope.org.uk)  
to make an enquiry, or arrange a callback/visit at your closest base



# 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 after someone dies.

## Messages of hope from children who have finished support:



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

“it’s hard at first but it gets easier”

“it’s okay to be sad and it’s okay to be happy”



## Talking with our practitioners

Here's what other teenagers have shared about their experience :

- 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"



## Telling your story

We know how difficult it can be to put words to your experience and to share your story with someone you haven't met, we hope to help you share your story in a way that feels right for you.

Your sessions are a safe space for you to speak with the same practitioner each week and receive support for your grief.

We will follow your lead and you will never have to speak about anything you don't want to.

We hope to help you preserve your memories, explore your feelings and develop coping strategies as you move forward with your grief

