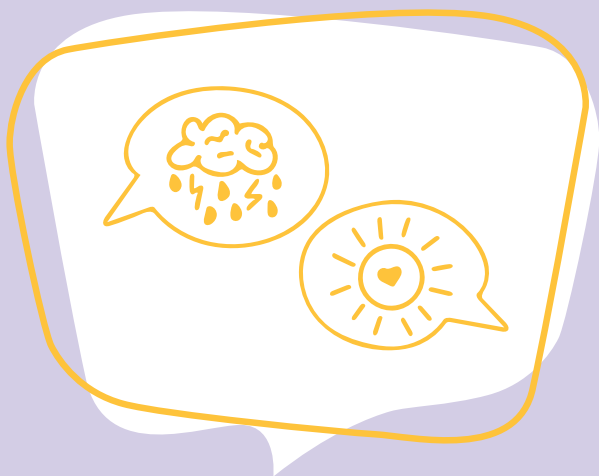


Support for Children and Young People



A guide to the support
available for children
and young people when
a family member has a
life-limiting illness

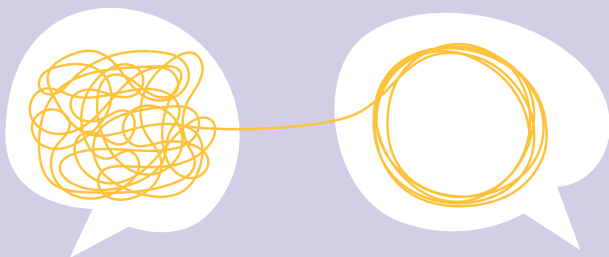
At St Raphael's Hospice, we are aware of the impact on children and young people when a loved one is diagnosed with a life-limiting condition.

Children and young people are found to experience increased levels of anxiety, distress and low mood and are at risk of becoming disengaged with education, socially withdrawn and facing a world filled with uncertainty.

We understand how difficult it can be to talk to children and young people about these matters.



Our experienced Young Person's Counsellor and Specialist Children and Families Social Worker can support you in offering individual support and advice to help them and guide you.





When someone special has died

We understand that, whether sudden or expected, the death of a family member can have a greater impact on families than other life events. We are also aware that grief is both necessary and normal and needs to be acknowledged.

Children and young people do not always have the language or understanding to express how they feel. We understand that helping children and young people to find creative and safe ways in which to express their feelings after someone special dies is hugely important, as is the ability to listen to their experience and story in relation to the death.



We know that children and young people can be helped to feel more comfortable to express their feelings and thoughts associated with grief. With the right support, they can heal, develop and grow into resilient young adults.

How we can help

Counselling support to children and young people

Pre-bereavement Counselling

We will support the child or young person in talking about their loved one with a life limiting illness and the worries or concerns the child or young person has around this.

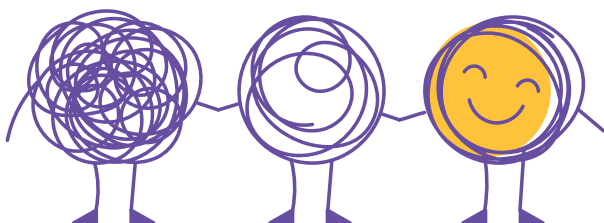
Bereavement Counselling

Being able to talk about loss and grief is an important part of coping with a bereavement. Bereavement Counselling can support the child or young person in understanding and coping with their feelings.

A counsellor's professional curiosity of the child's world view acts as a guide, as they identify resources and interventions that best meet the child or young person's need.

They may use creative methods, including drawing or play, if a child or young person is unable to express how they feel.

We offer between 6-12 sessions for pre and post-bereavement work.



Other Sources of support

Cruse offers support, advice and information to children, young people and adults when someone dies. They offer information and advice, a live chat line, helpline, individual and group support.

www.cruse.org.uk / 020 8181 1123
sutton@cruse.org.uk

Jigsaw4U Pre and Post Bereavement Support aiming to support all children, young people, and families who are affected by cancer, life-limiting illness or bereavement. The model of support is child centred. Supports children and young people aged 3-25.

www.jigsaw4u.org.uk / 020 8687 1384

Off the Record (Sutton & Merton) is an award-winning young people's mental health charity offering face-to-face and online counselling.

www.talkofftherecord.org/sutton
www.talkofftherecord.org/merton
020 8251 0251

Winston's Wish offers information, advice and guidance on supporting bereaved children and young people.

www.winstonswish.org
Freephone National Helpline
0808 8020 021

Grief Encounter supports bereaved children & young people

www.griefencounter.org.uk – Helpline:
0808 802 0111 (Weekdays 9am-9pm)



**For further
assistance
and advice**

Contact us

If you would like more advice or support
please contact St Raphael's Hospice
on **020 8099 7777**

St Raphael's Hospice
London Road, Cheam
SUTTON SM3 9DX

www.straphaels.org.uk

Registered Charity No: 1182636