

# Young people and grief: how counselling can help

When someone dies the feelings you have may be hard to bear. Counselling can help you to listen to yourself and find your own way to cope well with all the feelings and thoughts.



There are lots of ideas about how we 'should' grieve when we experience the death of someone we know and love. Counselling acknowledges that there is no one way to feel and behave, you may feel sad one minute, angry another, you may also feel happy at times.

Your school or parents/guardians may want to know the best way to support you when someone dies. We can help them to help you to cope at school or home.

Counselling can help you to keep on living after someone has died and alongside this can help you to continue your relationship with someone after they have died in a way that fits for you.



You being in counselling often helps others in your family to start counselling too. They see how it helps you and they may follow your lead.

Your family, especially those who care for you, can be included in your counselling to support you if this is thought to be helpful.



It can be difficult if some of your friends or people you know are finding it hard to help you grieve. Counselling can help you figure out what you need from your trusted friends and how to ask them for that help.

Counselling doesn't have to only be about talking to another person. We can show you how music, art, even learning to breathe helpfully, can work in exploring and expressing your feelings.

For more information please contact:  
**Kildare Youth Services**  
[www.kys.ie](http://www.kys.ie) / Phone 045 897893 3188



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