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## NOT SURE IF YOU NEED SUPPORT?

You might:

- ✦ Feel angry one minute and numb the next
- ✦ Struggle to concentrate
- ✦ Feel different from your friends
- ✦ Avoid talking about what happened
- ✦ Feel like no one really understands

There is no **"NORMAL"** way to grieve.

**IF SOMETHING FEELS HEAVY, THAT'S  
ENOUGH REASON TO TALK.**

**FME FRESH MINDS  
EDUCATION**  
WHERE YOUNG PEOPLE LIGHT THE PATH TO HOPE

the **Glimmer**  
project



NI CHARITY: NI108816

[www.freshmindseducation.com](http://www.freshmindseducation.com)



## YOU'RE NOT ALONE.

**SUPPORT FOR BEREAVED  
YOUNG PEOPLE.**

Grief can feel heavy, confusing, or isolating.  
You don't have to carry it on your own.

**FME FRESH MINDS  
EDUCATION**  
WHERE YOUNG PEOPLE LIGHT THE PATH TO HOPE



# WHO ARE FRESH MINDS EDUCATION?

Fresh Minds Education supports children and young people through some of the toughest moments in life

We understand that grief isn't just sadness.

It can affect your sleep, friendships, school life, confidence, and mental health.

**WE BELIEVE THAT NO CHILD OR YOUNG PERSON SHOULD HAVE TO NAVIGATE THE CHALLENGES OF BEREAVEMENT OR EMOTIONAL DISTRESS ALONE**

We create safe, supportive spaces and resources where you can feel free to:

- Talk
- Ask questions
- Sit quietly
- Be heard without judgement

## How We Can Support You

### GLIMMER BOXES

A Glimmer Box is a **personalised support kit** made just for you.

It includes simple tools and comfort items to help with big emotions. Your box is tailored to your needs – what helps you feel calm, safe, and supported.

**Your space. Your pace.**

### GLIMMER COUNSELLING

**You don't have to go through grief on your own.**

Glimmer Counselling is one-to-one support in a safe, relaxed space. You can talk, take your time, and be heard without judgement. We walk alongside you at your pace.

We're a small charity, so there may sometimes be a short wait – but every referral is read with care, and we'll be in touch as soon as we can.



## A GENTLE REMINDER

You don't have to:

- Be "strong"
- Have the right words
- Be crying to deserve support
- Be at breaking point

**You are allowed to ask for help.**

And if you're not ready yet – that's okay too. We'll be here when you are.

## CONTACT US

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## NEED IMMEDIATE SUPPORT?

If you need help right now, you don't have to wait.

**Lifeline** **0808 808 8000**  
24/7 Crisis support for anyone in emotional distress.

**shout** **Text: SHOUT to 85258**  
**85258** 24/7 Confidential text support when you need to talk.

These services are free and available 24/7.