

You Raise Me Up

When Jane and Fraser lost their daughter Megan just days before her 18th birthday, they found there was no support for them, so they started helping others in the same position. Over the last 11 years the charity has gone from strength to strength and to this date has supported over 300 families who have lost a young adult under the age of 25.

The services offered by YRMU include the following:

- A 24-hour mental health crisis helpline which is manned by a trained counsellor so that anytime day or night support is only a phone call away.
- One to one counselling sessions with no waiting lists – within 48 hours of calling for support or being referred to us, we will assign a bespoke bereavement counsellor suitable to the person's criteria.
- Monthly support groups – we hold three support groups per month. One for Mums and female relatives, one for Dads and male relatives and one for siblings and friends of the deceased young adult. These groups are invaluable and offer peer support from other families who have gone through a similar loss and experience.
- We also have a Mental Health and Bereavement Drop-in Support Centre which is also a community café. This is a safe space for anyone needing support where they can drop in and talk to someone trained in a private area and receive advice and support. We have a signposting service here so that if we cannot help them, we will find them someone who can support their needs. No one walks away without care. Young people need to know there is somewhere they can go to receive advice and support in confidence and without judgement. The community café allows people to come in a have a cup of tea or coffee, slice of homemade cake and feel welcomed. It is a meeting place for the local community and the elderly where they know they can come in and there will always be someone to have a chat to.

“The BHMT grant has paid for eleven bespoke one to one counselling session specifically for young adults. These beneficiaries could be siblings, cousins or peers. Supporting young people who have experienced the loss of another young person is so important and therefore we endeavour to give them the tools and help they need to get through the most devastating time and help them to a less vulnerable place. Sadly, statistics show that if a young person takes their own life, then other peers within that circle will follow, and that is why the importance of emotionally supporting young adults is vital. Thank you again for your donation and believing in our mission to support young adults following the loss of another young person. We hope to continue the relationship we have built with the Beer Harris Memorial Trust into the future as our charity grows.”