

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Illness: Parents and carers

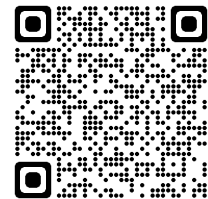
For young people, coping with an illness can be a hard, whether it is a family member/friend who is ill, or the young person themselves. They may not know how to react to what's going on, or how to deal with their feelings properly.

Common feelings can include:

- Anger or frustration, wondering why it must happen to them, or their loved one
- Denial, refusing to accept or believe that it is happening
- Feeling helpless or powerless to do anything about it
- Anxiety about the future and what might happen
- Feeling like they're 'different' from other people or others don't understand
- Pressure from being a young carer for a loved one

### How can I help?

- encourage them to **talk about how they feel** with family, friends or an Eye to Eye counsellor- this can help to relieve some of the stress
- allow them to **feel what they feel**- building up negative emotions can cause stress and anxiety, so it's important they process the 'bad' feelings in the right way
- encourage them to **look after themselves** by maintaining a healthy diet and good sleep pattern
- remind them that illness is uncontrollable, but it can help them to focus on the things that **they can control** right now
- let them know that it's important to **look after themselves**-stress-relieving hobbies, or things that they enjoy doing can be welcome distractions and provide normality
- **if they choose**, allow them to **be involved** in updates and appointments so they can understand things better
- encourage them to use the resources listed



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

#### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### Macmillan Cancer Support

0808 808 00 00

[www.macmillan.org.uk](http://www.macmillan.org.uk) (online chat)

#### Rainbow Trust (online support)

Email: [enquires@rainbowtrust.org.uk](mailto:enquires@rainbowtrust.org.uk)

Referrals can be made via website

[www.rainbowtrust.org.uk](http://www.rainbowtrust.org.uk)

### Helpful Resources

[Young Minds: Advice for your child](#)

[Marie Curie: Supporting children and young people when someone has a terminal illness](#)

[Macmillan: Emotional Support for friends and family](#)

[Action for children: Young Carers; who are they and why they need support](#)

[British heart Foundation: Information and support](#)



Eye to Eye Counselling Service  
Parish Hall, Main Road,  
Llantwit Fardre  
Pontypridd, CF38 1PY

Tel: 01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

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