



A reading list for young people

Books can be a good way to prepare you for difficult conversations or questions about dying and death. Understanding how your emotions can be affected might help you to manage these feelings. Knowing about what to expect may help you recognise if you need more specialist support. The MND Association does not endorse or recommend any of the resources listed.



Our information may help answer your questions about MND:

So what is MND anyway? – a guide for teenagers

This can be viewed as a printed guide or downloaded via our webpages or web app.

See: www.mndassociation.org/ypinfo

MND Connect helpline

Information and support for those with or affected by MND, their carers and health and social care professionals. The team can also direct you to our own and other services.

Telephone: 0808 802 6262

Email: youngconnect@mndassociation.org

Website: www.mndassociation.org/mndconnect

Books to help you prepare for someone dying

Facing Grief: Bereavement and the Young Adult by S Wallbank 1991 ISBN: 0718828070. This is aimed at 18-25yr olds and those around them facing grief and the effects of bereavement.

Books to help you manage your feelings after someone close has died

A Teenage Guide to Coping with Bereavement by S Darwen (Child Bereavement UK) ISBN: 10 1903458714. Designed by a young person whose father died. This pocket sized leaflet that folds out into a larger poster with guidance for young people about managing emotions when someone dies.

A Teen's Simple Guide through Grief by A Cunningham 2001 ISBN: 9781931061124. A guide to support teenagers through grief.

Finding a way through when someone close has died by P Mood, L Whittaker 2001 ISBN: 9781853029202. A workbook written by young people offering advice and activities to help with emotions.

I Never Told Her I Loved Her by S Chick 1997 ISBN: 10 0704349477. A story book that explores feelings of grief and guilt when a parent dies.

Straight talking about death for teenagers: how to cope with losing someone you love by E Grallman 1993 ISBN: 10 0807025011. A self-help book for teenagers.

Michael Rosen's Sad Book by M Rosen 2004 ISBN: 9781406317848. A book that explores the layers of grief using pictures.

Out of the Blue by N Norris (Winston's Wish) 2006 ISBN: 9781903458716. A book designed for young people aged 12-18 yrs which can be used to explore emotions and self-help.

The Grieving Guide by H Fitzgerald 2000 ISBN: 0684868040. A guide to support teenagers and their friends.

The Heart and the Bottle by O Jeffers 2010 ISBN: 9780007182343. A story that deals with loss for older children.

When parents die by R Abrahams 1999 ISBN: 0415590124. This book supports learning to live with the loss of a parent.