



Never Let Go

by

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The information in this book is for educational and entertainment purposes only and should not be considered medical or psychological advice. Please see the appendix of resources at the end for more information or to access professional help.

Cross the Teas and Dot the Eyes
South Carolina, USA
www.crossthe teas.org





For my grandmother,
Patricia Fern Holmes,
and for every child
who knows her pain.



Something bad happened to
you.



It should not
have happened.



It was not your fault.



You did not do
anything wrong.



You are a good person.



You did not deserve that. You
deserve so much better.



Your heart is so, so strong.



It's okay to cry
when it hurts.



But it's okay to smile again, too!



When you feel sad, give
yourself a big, tight hug.



Look in the mirror, and say, “I love you” even if you don’t mean it.



You are worthy of love, even if you
don't feel like you are.



You are not alone.



You are more loved than
you know.



Someday, your world will
fill with joy again.



Your heart still has so much
love to give to the world.



Never let go of hope.



Hope gives wings to your heart.



Your future is brighter
than you can imagine!



I am glad you are here.

I am so proud of you.

I love you.

For Kids Who Need Help:

Need someone to talk to? Contact **Childhelp** at 1-800-4-A-CHILD (1-800-422-4453) or www.childhelphotline.org. You can talk to a kind grown-up who will listen and help.

If you're feeling upset or scared, you can text CONNECT to 686868 to talk to a helper from **Kids Help Phone**. You don't have to say your name.

Want to learn about big feelings and staying safe? www.sesamestreetincommunities.org has videos, games, and stories to help kids feel better and understand hard things.

For Parents and Caregivers Supporting a Healing Child:

Child Mind Institute – [_www.childmind.org](http://www.childmind.org)

Offers expert guidance on helping children heal from trauma
with resources for caregivers.

National Child Traumatic Stress Network – [_www.nctsn.org](http://www.nctsn.org)

Research-based resources for families navigating childhood
trauma recovery.

Stop It Now! – [_www.stopitnow.org](http://www.stopitnow.org) – (888) 773-8368

Helps parents and caregivers recognize and respond to signs of
child abuse and trauma.

For Adults Healing from PTSD and Child Abuse:

RAINN – www.rainn.org – (800) 656-HOPE (4673)

Offers support for survivors of abuse and trauma, including a 24/7 hotline and online chat.

The National Center for PTSD – www.ptsd.va.gov

Provides educational resources on PTSD, self-help tools, and professional guidance.

Adult Survivors of Child Abuse (ASCA) –

www.ascasupport.org

A support network for adult survivors, including peer-led support groups and an online healing workbook.



Heather Holmes lives near Charleston, SC with her two sons, three cats, a three-legged great dane, a ferret, a tarantula, two axolotls, a rabbit, and eight fish tanks. When she's not writing, she likes to play Fortnite and Fae Farm.

I wrote this book so that every hurt kid or wounded inner child would know that they are not alone. You have made my dreams come true by reading it.

Your dreams will come true someday, too, if you never let go.

The sun rises every morning. Always.

This picture book is a healing journey for survivors of all ages who are recovering from abuse, trauma, or loss. Written for children ages 5-10, it gives readers a soft, safe space to face their past and the strength to move through their feelings. Pairing affirmations of hope and self-love with soothing scenes of childhood wonder and innocence, the book gently guides the reader through the darkness and back into the light.

These are the words that I once needed to hear--and that others have told me that they longed to hear. May they be a balm for your soul.

