

For my family...

As you know, I am a member of Scotty's Little Soldiers, as they were set up to help young people and young adults like me when their parent has died. They have given me some suggestions that could help me when life feels tough.

I have lots of different feelings and emotions because of what happened to me. I have ticked some things that I think will help. Please take a look and help me make a plan.

Thank you!

From:

Please do not share

You can support me if you...

Ask me how I am feeling, as it might not be obvious.

Help me decide who to tell about what has happened to me.

Make sure where I work or study is aware of my loss and key anniversary dates that may affect me.

Help me find a trusted person to talk to when I need extra information, guidance or support.

Help me to keep in touch with other family members.

Tell me about my parent as I like hearing stories about them.

Help me feel safe and secure when I get worried about things.

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Answer any questions I may have honestly.