

For my friend...

As my friend, I want to share some personal information with you. I am a member of Scotty's Little Soldiers as my parent, who served in the British Armed Forces, died. Scotty's are a UK-based charity who are available to support me whenever I need it.

I have lots of different feelings and emotions because of what happened to me and my family. Sometimes I might need a little extra support and I thought of you.

Scotty's have suggested ways people might be able to support me when life feels challenging. I have ticked those that I think would help me.

Please take a look and see how you can help. Thank you!

From:

Please keep confidential

As my friend, you can support me if you...

Chat to me like you usually would and just be my friend.

Look out for me if others are being insensitive or I am having a difficult time.

Ask me about my parent who died, as I like to talk about them.

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Help me get support if you are ever worried about me.

Ask me how I am feeling. Even if I sometimes don't feel able to tell you, I'll always appreciate it.

Help me to feel normal by laughing with me and just having fun.

Listen to me when I need it and remind me it's okay not to be okay sometimes.

Be kind, even if I am acting differently at times.