

For my work colleagues...

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 help and 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 need a little extra support and wanted to let you know.

Scotty's have given me some suggestions of ways that could help me when life feels challenging. I have ticked those that I think will help me.

Please take a look and consider helping me make a plan so I feel supported at work. Thank you!

From:

Please keep confidential

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

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

Help me to decide who I should tell at work about my experience.

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

Give me some time out when I feel overwhelmed, so I can collect my thoughts.

Understand that at certain key dates I may struggle and lack some concentration.

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

Recognise that there will be key anniversary dates each year that may affect me.

.....

Let me know when I am doing something well.