

For my friend...

As you are my friend, I want to share some information with you. I am being helped by Scotty's Little Soldiers as my parent, who served in the British Armed Forces, has died.

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 I thought of you.

Scotty's have given me some ideas that might help me when I feel sad or upset. I have ticked those that I think will help me.

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

From:

Please keep private

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

Help me to get help from an adult if you are worried about me.

Look out for me if others are being mean.

Ask me how I am feeling – even if I don't feel able to tell you.

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

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

Just be my friend.

