

For

I am being helped by Scotty's Little Soldiers as my parent, who served in the British Armed Forces, has 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 I thought of you.

Scotty's have suggested I think of some ways people can help me when life feels tough. Please take a look at my ideas and see if you can help me make a plan. Thank you!

From:

Please keep confidential

You can support me if you...

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