

For my friend...

As you're 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 charity who will help and support me whenever I need it.

I have so many 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 of ways that could help me when I feel my life is challenging. 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...

Chat to me like normal and just be my friend.

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

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

Help me get support from an adult if you are ever worried about me.

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

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

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

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

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