

For members of staff in
my education setting...

As a member of staff I trust, 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 I thought of you.

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

Please take a look and help me make a plan so I feel supported. Thank you!

From:

Please keep confidential

As someone working in education,
you can support me if you...

Help me access extra information,
guidance or support when I need it.

Remember it can be hard for me to concentrate
at times so I might need extra support.

Treat me like everyone else but be aware
that some discussions may impact on me.

Feel free to ask questions about my
parent who died, as I like to talk about them.

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

Understand that there is no 'getting over
it' with time and I may always need support.

.....

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