SCOTTY'S SUPPORT PACK

SUPPORT PROGRAMME

scotty's THE MILITARY BEREAVEMENT CHARITY

SCOTTY'S LITTLE SOLDIERS

We understand that waiting for support can feel difficult, especially when you are coping with grief alongside school, college, university, work, relationships, friendships, family life, or plans for the future. Whilst you wait for support to begin, we have put together this resource pack to offer gentle guidance, practical ideas, and reassurance. You may not find every section helpful right now, and that is okay. Please use what feels right for you, at your own pace, and come back to anything that may be helpful later.

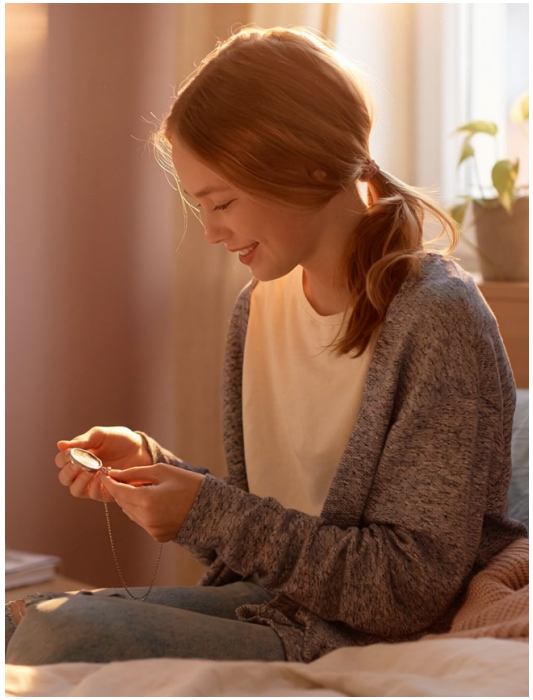
UNDERSTANDING YOUR GRIEF

- Grief can affect every part of life, and it often shows up in ways that people do not expect.
- You may notice sadness, anger, guilt, numbness, relief, anxiety, or moments of feeling nothing at all.
- You may also notice physical effects such as tiredness, headaches, changes in appetite, poor concentration, or difficulty sleeping.
- All of these can be part of grief.
- There is no single pattern to grieving, and there is no right or wrong way to feel.
- Some days may feel heavier than others, and feelings can change quickly.

WAYS TO COPE

- Grief can affect sleep, concentration, appetite, energy, motivation, friendships, study, work, and your sense of stability.
- Small, manageable steps can sometimes make the day feel a little more bearable.
- Grounding techniques such as deep breathing, focusing on physical sensations, or holding a comforting object may help when emotions feel intense, especially if you are in a public place, at college, at work, or trying to get through the day.
- Gentle routines around sleep and allowing yourself rest without pressure, can also support your wellbeing.

Anniversaries, birthdays, and special dates
Around anniversaries, birthdays, exam periods, Father's Day, Mother's Day, significant family events, or other reminders, it may help to plan ahead, lower expectations, and choose one simple way to acknowledge the day. This might be having quiet time, speaking to someone you trust, doing something that helps you feel connected to the person who has died, or giving yourself permission to keep the day as ordinary as possible.



- When grief feels overwhelming, it can help to come back to the basics. Try to focus on one small thing at a time, such as having a drink, sitting somewhere quiet, stepping outside for fresh air, or messaging someone you trust.
- If daily life, study, work, or social plans feel difficult, a gentle routine can sometimes provide a little steadiness.
- This might mean getting up at a similar time each day, eating something simple, opening the curtains, replying to one message, attending one class or shift, or setting one realistic task for the day.
- It is also okay to lower expectations for a while. You do not have to manage everything in the same way you did before.
- Ask for help if practical tasks feel too much, such as cooking, shopping, coursework, work expectations, or making appointments. Lean on trusted people where you can.
- If you are 18 or over you can also reach out to our START programme for help with navigating any entitlements (things like money and housing).

SUPPORT SERVICES

Whilst you are waiting to access our service, please know that you do not have to manage things alone. There may be support available to you in the meantime, depending on what feels most helpful and what is going on in your life. This might include:

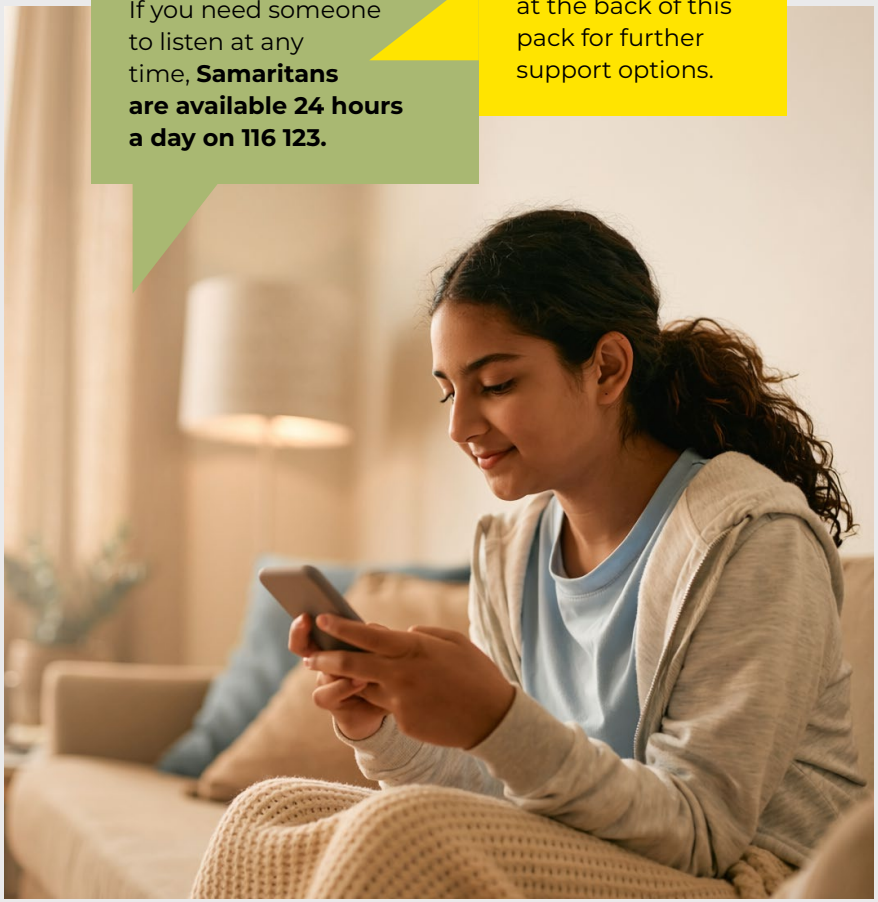
- Speaking to your GP
- Reaching back out to Scotty's to review your situation or manage a referral
- Speaking to a trusted person at school, college, university, work, or in your support network
- Scotty's will be checking in with you every 2 weeks whilst you wait
- Request a listening ear call with the START team
- Reach out to another service which provides 24 hour support eg SHOUT, Samaritans

If at any stage your needs become more urgent, or you feel that your wellbeing or safety is worsening, please do not wait for your appointment with us before seeking help. You can contact:

- Your GP
- NHS 111 and select the mental health option
- Call 999 or go to A&E if there is an immediate risk to life.

Please see our **Mental Health signposting sheet** at the back of this pack for further support options.

If you need someone to listen at any time, **Samaritans are available 24 hours a day on 116 123.**



FREQUENTLY ASKED QUESTIONS

Grief can be unpredictable, and there is no right or wrong way to feel. Some days may feel manageable, while others may feel much harder. It can also feel different when you are trying to keep up with study, work, friendships, family expectations, or becoming more independent. If this pack helps you take even one small step to care for yourself, that is enough. Please be gentle with yourself whilst you wait for support.

Let's end by answering some of the questions we frequently get asked:

Is what I'm feeling 'normal'?
Yes. Grief can bring a wide range of feelings, including sadness, anger, numbness, guilt, relief, anxiety, exhaustion, or moments of feeling nothing at all. Many people also notice physical effects such as poor concentration, changes in appetite, disrupted sleep, or feeling disconnected from everyday life. There is no single right way to grieve, and your experience may look different from someone else's.

Why do I feel worse now?
Grief does not move in a straight line. Sometimes the early days are filled with practical tasks, support from others, or a sense of shock. As time passes, the impact of your bereavement can feel more present, or certain dates, memories, and changes in routine can bring fresh waves of grief. Feeling worse after some time has passed does not mean you are going backwards. It often means the loss is being felt in a different way.

Why am I not crying?
Not everyone cries, and not crying does not mean you did not have an emotional connection to them or that you are grieving in the wrong way. Some people feel numb, some cry privately, and some express grief more through tiredness, irritability, quietness, or finding it hard to think clearly. Grief can show itself in many different ways.

Is it okay to laugh?
Yes. Moments of laughter, relief, or enjoyment can sit alongside grief. They do not take away from your bereavement or mean you have forgotten the person who died. Many people feel guilty when they notice lighter moments, but these can be a natural part of coping and carrying grief over time.

What if I do not want to talk?
That is okay too. Talking can help some people, but it is not the only way to process grief. You may prefer quiet reflection, writing things down, being creative, spending time outdoors, or simply sitting with someone you trust. Counselling and bereavement support does not mean you have to say everything at once. It can be a space to go at your own pace, even if you are not sure where to begin.

What if I feel stuck?
Many people worry that they are stuck, especially if life still feels very hard after some time has passed. Feeling stuck can mean many things. You may be exhausted, overwhelmed, avoiding reminders, or finding it difficult to make sense of what has happened. This does not mean things cannot shift. Gentle support, routines, practical help, and counselling can all help you feel less alone and more able to manage what you are carrying.

Is now the right time to access support?
There is no perfect time to access support. Some people want help soon after the death, while others reach out later when life feels quieter or harder. If you feel that grief is affecting your wellbeing, daily life, relationships, or your ability to cope, it may be a good time to have support. You do not need to be at crisis point to ask for help, and you do not need to have the right words before support begins.

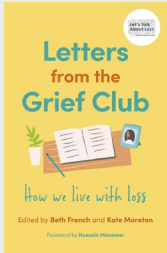
I have decided that I no longer want to access support with Scotty's – what do I need to do?
If you decide that you no longer want to access support with Scotty's, that is absolutely okay. You can let us know at any point so we can update our records and make sure we are not contacting you unnecessarily. If your circumstances change in the future and you feel you would like support again, you can always get back in touch.

BOOKS AND PODCASTS

Some young people find it helpful to read or listen to other people's experiences of grief, especially when talking feels difficult or when they want support in their own time. The books and podcasts below are suggestions only. You do not need to read or listen to all of them, and it is okay to stop if something does not feel right for you. Choose what feels helpful, take breaks when you need to, and come back to them whenever you feel ready.

Books

You Will Be Okay: A Young Person's Guide to Managing Grief by Julie Stokes.
A clear and reassuring guide for young people who are grieving.



Letters from the Grief Club by Beth French and Kate Moreton.
Letters from bereaved young adults, offering honest reflections and reassurance.

It's OK That You're Not OK by Megan Devine
A compassionate book about living with grief rather than trying to rush through it.

Podcasts

Grief in Common
A podcast by Child Bereavement UK's Youth Team for grieving young people aged 13 and over. **https://www.childbereavementuk.org/grief-in-common-podcast**

Persevering: Grief as Told by Young People
An award-winning podcast created by young people who have experienced loss. **https://podcasts.apple.com/us/podcast/persevering-grief-as-told-by-young-people/id1636311675**

Griefcast
Conversations about grief, loss, and life after someone dies. **https://cariadlloyd.com/griefcast**

MENTAL HEALTH SUPPORT AND SIGNPOSTING

Here at Scotty's we provide bereavement support and counselling. We are not a crisis intervention service and so we share the below details of other organisations that will be able to help.

If you or anyone you know is struggling and needs some mental health support, please reach out to one of the suggested organisations below.

In an emergency situation, if you feel unable to keep yourself or others safe always **call 999.** If it isn't an emergency but you require some mental health support phone or visit your GP as soon as possible and explain how you are feeling. If your GP surgery is closed **call NHS 24 on 111** and press option 2 to access the NHS Mental Health Crisis Support Line.

childline

ONLINE, ON THE PHONE, ANYTIME

CHILDLINE
Call 0800 1111 Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

Please see their website:
www.childline.org.uk/get-support/1-2-1-counsellor-chat/

shout 85258

SHOUT CRISIS TEXTLINE
24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text the word 'Shout' to 85258.**

Please see their website:
giveusashout.org/get-help

bacp | counselling changes lives

BRITISH ASSOCIATION OF COUNSELLORS AND PSYCHOTHERAPISTS (BACP)
Use their online register to find a private counsellor in your area.

Please see their website:
www.bacp.co.uk/search/Therapists?q=

THE MIX

THE MIX
Support to under-25s about anything that's troubling you. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

www.themix.org.uk/get-support

YOUNGMINDS

YOUNGMINDS

A mental health charity for children, young people and their parents.

Find advice and guidance online:
www.youngminds.org.uk/young-person/find-help

kooth

KOOTH

Offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support. Kooth also has an online wellbeing team from 12pm-10pm on weekdays and 6pm- 10pm on weekends offering 1:1 text- based online counselling via live chat or messaging.

Please see their website:
www.kooth.com/one-to-one-support

mind

MIND

Mind's Infoline advisors provide information on a range of topics including; types of mental health problems, where to get help and support in your local area, medication and alternative treatments.

The Helpline is open 9am to 6pm, Monday to Friday (except for bank holidays)

Please see their website:
www.mind.org.uk/information-support/helplines/

GET IN TOUCH

Phone: 0800 092 8571

Whatsapp: 07392868291
opening hours: 09:00-17:00

Email: welcome@scottyslittlesoldiers.co.uk

If your situation isn't an emergency but you require some guidance, **we are here for you.** Whether you need to request a bit of extra help with how you are feeling or you would like to look to talk things through, at Scotty's we want to remind you that you are not alone and **we are here for YOU whenever you need us.**

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