

SCOTTY'S SUPPORT PACK



**SUPPORT
PROGRAMME**



scotty's
THE MILITARY BEREAVEMENT CHARITY

We understand that waiting for support can feel difficult, especially when you are coping with grief as well as the demands of everyday life. 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 find you feel several emotions at the same time
- › 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.

Access our **Scotty's Learning platform** and the module 'Grief Theories' to understand more about the impact of your grief.

scottyslearning.com



WAYS TO COPE

Grief can affect sleep, concentration, appetite, energy, and your sense of stability. Small, manageable steps can sometimes make the day feel a little more bearable.

Grounding techniques may help when emotions feel intense. Gentle routines around sleep and allowing yourself rest without pressure, can also support your wellbeing.

Access our **Scotty's Learning platform** and the module 'Self Care' for some further information and to access some practical techniques to try out.

scottyslearning.com





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 feels 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, 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.

Asking for help if you need to navigate practical tasks e.g. school pick ups, cooking, shopping etc. Make sure you lean on your support network.

You can also reach out to our START programme for help with navigating any entitlements, (such as finances or housing) if you need any advice around practicalities or need some support making a referral.



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 for you or your family. This might include:

- Speaking to your GP
- Get back in touch with Scotty's to review your situation or manage a referral
- 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. Please see pages 12-15

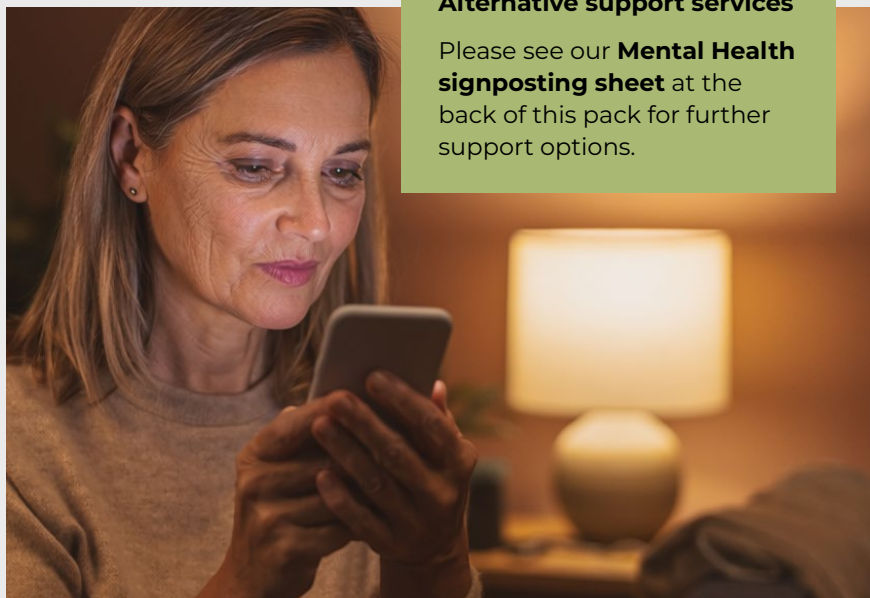
CRISIS SUPPORT

If at any stage your needs become more urgent, or you feel that your wellbeing or safety is worsening and you feel at risk of harm to yourself, please do not wait for your appointment with us before seeking help.

- › Call NHS 111 and select the mental health option
- › Call 999 or go to A&E if there is an immediate risk to life.
- › If you need someone to listen at any time, **Samaritans** are available 24 hours a day on 116 123.
- › Contact your GP
- › Please still feel free to reach out to us and we will come back to you as soon as we can

Alternative support services

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



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. 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. 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 your bereavement 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 or bereavement support can all help you feel less alone and more able to manage what you are carrying.

How do I let go of the why?

One of the hardest parts of bereavement can be living with unanswered questions. This can be especially true after a death by suicide, where it is natural to search for reasons, replay events, or wonder if things could have been different.

Letting go of the 'why' does not mean forgetting or stopping your

search for understanding. Instead, it means accepting that there are often things we may never know.

It is important to make space for your grief, your memories, and your own wellbeing alongside the uncertainty. Being kind to yourself and accepting that some questions may remain unanswered can help ease the weight of carrying them.

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.

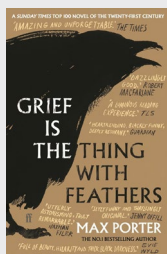
I have decided that I no longer want to access support with Scotty's what do I need to do?

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.

RESOURCES

Books and podcasts can be a gentle way to explore grief at your own pace. Some people find it helpful to hear from others who have experienced loss, while others may find comfort in learning more about grief and the different ways it can affect us. You do not need to read or listen to everything here. Please choose what feels manageable and supportive for you and leave anything that does not feel helpful right now.

Books



Grief is the Thing with Feathers by Max Porter

A fictional blend of poetry and prose describing the grief of a widower

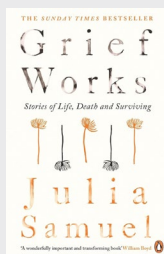
and his young sons following the death of their mother. A validating exploration of grieving, laced with wry humour.



H is for Hawk by Helen Macdonald

H Is for Hawk is a genre-defying masterpiece on grief, memory, taming and

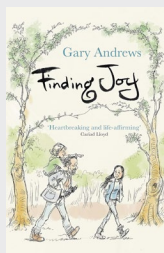
untaming, and how it might be possible to reconcile death with life and love.



Grief Works by Julia Samuel

Using stories from her practice Julia talks us through the pain and challenge of grief

and offers tools that all of us can use to help us cope with bereavement



Finding Joy by Gary Andrews

From learning how to juggle his kids' playdates and single-handedly organising

Christmas, to getting used to the empty side of the bed, Gary's honest and often hilarious illustrations have touched the hearts of thousands on social media.



It's OK that you're not OK: Meeting Grief and Loss in a Culture That Doesn't Understand, by Megan Devine

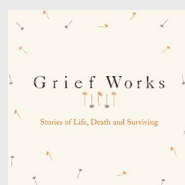
In this book Megan Devine argues that we need to move away from the idea that grief can be solved or cured and that we need to learn how to build a life alongside grief instead. She writes from the perspective of a therapist as well as someone who lost her partner in a tragic accident.



Thinking Out Loud: Love, Grief and Being Mum and Dad, by Rio Ferdinand

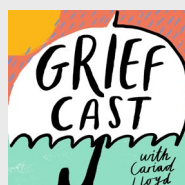
When Rio Ferdinand spoke out about his grief following the death of his wife from cancer in 2015 it helped open up a national debate about grieving, and encouraged other men to talk about their feelings of loss. In this book shares openly and honestly the hard journey he's been on along with his three children, and the support and advice that's getting them through.

Podcasts



Grief works

Hosted by Julia Samuel this podcast has stories from those who have experienced great love and loss. <https://podcasts.apple.com/us/podcast/grief-works/id1218890840>



Griefcast

Griefcast describes itself as 'funny people talking about death'. Hosted by Cariad Lloyd, it is a highly engaging and often funny podcast series in which Cariad talks to her fellow comedians and performers about loss.

<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.

SAMARITANS

SAMARITANS

You can access confidential emotional support at any time from Samaritans by **calling 116 123**.

Please see their website:
www.samaritans.org



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

PAPYRUS

PAPYRUS

Supports those under 35 who are experiencing feelings of suicide. Call their hopeline 24/7 on **0300 102 2470** or **text HOPE to 88247**

Please see their website:
www.papyrus-uk.org



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/



QWELL

Offers free digital mental wellbeing support for adults across the UK. Please note this service is limited to certain geographical locations.

Please see their website:
www.qwell.io



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=](http://www.bacp.co.uk/search/Therapists?q=)**

Armed Forces specific support



OP COURAGE

Op COURAGE is an NHS specialist mental health and wellbeing service for serving personnel due to leave the Armed Forces, reservists, veterans and their families. The service can support with mental health difficulties, psychological trauma, substance misuse, and help people access wider support around areas such as housing, relationships, finances and employment.

www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/



TOGETHERALL

Mental Health support, resources and courses. It is free to anyone in the UK Armed Forces, Veterans & family members aged 16+ through their partnership with the MOD & NHS England.

Please see their website:
togetherall.com/en-gb/mental-health-support-for-all-uk-armed-forces-veterans/

COMBATSTRESS

COMBAT STRESS

Combat Stress is a mental health charity that provides support for veterans of the UK armed forces, focusing on complex mental health issues resulting from service. Call their helpline 24/7 on **0800 138 1619**
Or **text 07537 173 683**

Please see their website:
combatstress.org.uk

Directory of Support Services

HUB OF HOPE

BY CHASING THE STIGMA

HUB OF HOPE

A UK mental health support database provided by national mental health charity, Chasing the Stigma. You can search specifically for 'Armed Forces Support.'

Please see their website:
www.hubofhope.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 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.**

GET IN TOUCH

Phone: 0800 092 8571

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

Email: welcome@scottyslittlesoldiers.co.uk

