

Coping with Deployment as a Family

Families of serving personnel face unique challenges that can be difficult to navigate. Whether it's just you and your partner, or you also have kids you're worried about.

This guide is designed to help partners and families cope with deployment with tips, techniques and where to find support.



It is normal to feel...

Angry or resentful

before a partner deploys

Apprehensive and anxious

about a homecoming

Lonely and overwhelmed

in the initial period after they have deployed

You're struggling

to adjust when your partner returns

Independent and proud

for managing on your own

Everyone can feel differently about the unique challenges and opportunities a deployment brings...

Tips for Coping with Deployment

Remember, there is no right or wrong way to feel about deployment!

Prepare in the build up

Sit down and discuss important things with your partner before they are deployed. Help them understand how they can help you, how you can help them and ways of staying in contact while they are away.

Keep busy and stay active

It can be important to stay busy while your partner is away, especially if you don't have the responsibility of kids. Perhaps join a gym or exercise class. Be careful not to over book though,

Prioritise and focus

A lot of things will be out of your control, so try to prioritise and focus the things that are in your control. Journalling can help with figuring that out and what you can control, or need to prioritise.

Countdown tools

Countdown tools can be massively helpful to supporting children through a deployment. For example, the 'a sweet a day tool' is where you fill a jar with the amount of days they will be away, and the children eat one a day.

Connect with loved ones

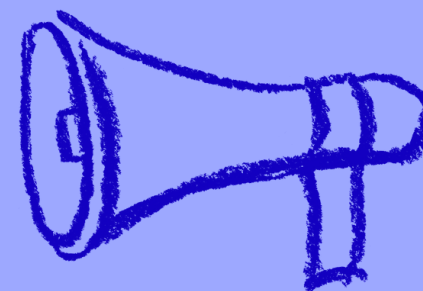
Similarly to keeping busy and active, use any spare time you have to connect with loved ones. Perhaps friends or family who are also going through something similar to you.

Ask for help

You should never feel guilty about asking for help. Whether it is from a loved one, or professional help with us, other services, or even through family networks within where your partner is serving.

When you are a military partner people often say there is a feeling that “you know what you signed up for”. It really fosters a culture of feeling like you can’t complain and that you just have to “suck it up and put up with it”.

This can really have an impact on how people feel and their wellbeing. If you are feeling this way I would really encourage you to reach out for support because you didn’t know what you were signing up for.



Holly Mainstone,
iTalk PwP



**Anchoring
Minds**

Anchoring Minds is an emotional wellbeing service within Solent Mind providing support in the community to Royal Navy and Royal Marine families in Portsmouth, Fareham, Gosport and the Isle of Wight.

Find out more at solentmind.org.uk/anchoringminds



iTalk provides free, tailored treatments for people with mild to moderate mental health and wellbeing difficulties, using evidence-based therapies like Cognitive Behavioural Therapy (CBT).

Find out more at solentmind.org.uk/italk/

If you start feeling overwhelmed, here are some grounding techniques..

54321 Game

Name 5 things
you can see

Name 4 things
you can hear

Name 3 things
you can feel or
touch

Name 2 things
you can smell

Name 1 thing
you can taste

Muscle Relaxation

Scrunch
your face
up, then
relax it.

Tense your
arms in
front of you,
then relax.

Tense your
shoulders
and chest,
then relax.

Tense your
legs out in
front of you,
then relax.

Take one
deep
breathe.

For a Panic Attack

Focus on your
breathing and take
long, deep breaths
from your belly button.

Stamp your feet to
bring your attention
from your mind into
your body.

Use your senses:
stroke something soft
or smell perfume or
minty gum.

Find somewhere quiet
and safe to recover and
have something to eat
and drink.

More Support!

If you would like support with anxiety, feel low or overwhelmed, we're here for you.



Wellbeing Centres

Winchester

019 6285 9012

Winchesterwellbeing@solentmind.org.uk

Eastleigh

023 8061 1458

Eastleighwellbeing@solentmind.org.uk

Fareham & Gosport

013 2928 1445

adminfg@solentmind.org.uk

New Forest

023 8084 1341

nfwreferrals@solentmind.org.uk

Positive Minds (Portsmouth)

023 9282 4795

PSRwellbeingcentre@solentmind.org.uk

Talking Therapy

iTalk

(Hampshire)

www.italk.org.uk

023 8038 3920

info@italk.org.uk

Steps to Wellbeing

(Southampton)

www.steps2wellbeing.co.uk

0800 612 7000

dhc.sstw@nhs.net

Talking Change

(Portsmouth)

www.talkingchange.nhs.uk

030 0123 3934

snhs.talkingchangesolent@nhs.net

Solent Mind Support Line 023 8017 9049

9am to 7pm weekdays
10am to 2pm weekends

The Harbour 07418 364911

4:30pm-11pm, every evening.
Portsmouth, Fareham, Gosport, Havant and
East Hants.

The Lighthouse, Shirley 074 5127 6010

If you are in Southampton, text
your postcode to us between
4:30pm to 11pm every evening.