

## Megan Butler

West Sussex Fire & Rescue

**“I'm someone who holds it all in, but I was seeing the signs of heading back towards that dark hole, and I knew I needed help.”**



After her firefighter dad, Mark, passed away in May, Megan Butler approached the Charity for help processing the feelings she'd been struggling with in the months after his death.

“I'd struggled with anxiety and depression for ten years, and after he died I was starting to see myself go back down towards that dark hole,” says Megan. “I'm someone who holds it all in, but I was seeing the signs and I knew I needed help. I'd been to Marine Court before with back pain, and I knew I could trust and rely on them. So I reached out to the Charity again. I had to learn who I was again, not just the daughter of someone who had died from cancer.”

In September, Megan returned to our centre in Littlehampton to speak to counsellors: “They really helped me with the acceptance stage of my grieving process, and opened my eyes to other areas of my life where I needed to make improvements. I'm a very critical person, I'm my own worst enemy, but they reminded me of who I am and my morals, giving me the confidence I was lacking.”

Megan also met other fire personnel who knew her dad, and they talked fondly about their memories of working with him and the legacy he has left in Sussex. She took comfort from the familiarity of being surrounded by his friends, colleagues and peers. Rather than bottle up her feelings, Megan found herself opening up.

“I'd been in such a place of wanting to hide my feelings. I'm a real daddy's girl, and I was dreading the day that he would die. But being at Marine Court, it made me feel better. They don't judge you, you can just let all your emotion out and say anything, how you want to be treated, and they let you to do it. My dad will always be with me. He may not be physically around any more, but he's in me and my family, and he's in every single one of his firefighter family. And that's the best thing really.”

[www.firefighterscharity.org.uk/megan-butler](http://www.firefighterscharity.org.uk/megan-butler)

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