

Support while you wait

Support for people on the waitlist

Support while you wait

We are working hard to make sure you can start support from Future Pathways as soon as possible. While you are waiting, there are still a few ways we can help you. We can make a referral for:

- Support from Wellbeing Scotland
- Support from Birthlink

And we can help with:

- Brief Waitlist Sessions

This booklet has more information about each of these. If you have any questions, please contact us. Our contact details are at the end of this booklet.

Support from Wellbeing Scotland

We can make a referral to Wellbeing Scotland for you. Wellbeing Scotland support people who experienced abuse when they were a child. You can also make a self-referral to Wellbeing Scotland. This means you can contact Wellbeing Scotland yourself to get help from their services.

Wellbeing Scotland can support you with:

- Emotional support
- Counselling
- Group work

You can find out more about Wellbeing Scotland at www.wellbeingscotland.org

Emotional Support

Emotional support focuses on what might help you. Wellbeing Scotland will:

- Look at the ways you can feel safe
- Help you build coping skills to manage distress
- Help you learn how to find ways to help manage difficult emotions and thoughts
- Explore what counselling can be like to see if it feels right for you
- Think about your goals for counselling

Counselling

Wellbeing Scotland offer a safe and confidential space for counselling. Your counsellor can help you set goals for your counselling. They can help you look at how your experiences have affected your health, wellbeing and life.

Group work

Groupwork brings together people who have had support from Wellbeing Scotland. It is a space to connect with others and get more confident so you can move on from therapy. The same people meet each week. The group agrees which topics to talk about, like wellbeing or how to cope with difficult feelings.

You can find out more about Wellbeing Scotland at www.wellbeingscotland.org

Support from Birthlink to access your records

We can make a referral to Birthlink for you. Birthlink help people to search for and get a copy of their care records. Many people who have been in care would like to have a copy of their care records. This can be for lots of different reasons.

After a referral is made, Birthlink will contact you and explain how they search for your records. They will keep you updated about how the search for your records is going. They will answer any questions you may have. If they find your records, they will give you choices about how and when you get your records.

Brief Waitlist Sessions

We can offer short term support while you are on the waitlist. This support is only available for certain things. If this applies to you, we can offer you up to 4 sessions with a Support Coordinator. We call these 'Brief Waitlist Sessions'.

These sessions can support you:

- With a funeral payment if you are not able to get help for funding from somewhere else.
- To visit a relative or close friend who is terminally ill or receiving end-of-life care.
- If you need to move to keep yourself safe, we can share details of services who can offer support and can help you to connect with them.
- If you need to move house quickly. For example, if you have been on a housing waitlist and have been offered a tenancy. We can support you with removal costs if you are not able to get help for funding from somewhere else.
- With an urgent request for help with education if you cannot get funding from somewhere else.

If you want to access our Brief Waitlist Sessions, please contact us. If we are able to provide support, we will offer you up to 4 sessions with a Support Coordinator. It is not long-term support.

After your Brief Waitlist Sessions, you will return to the waitlist until full support from Future Pathways can start.

Contact us

If you have any questions or would like to get support, please contact us. You can:

- Email us at registration@future-pathways.co.uk
- Phone us for free on 0808 164 2005 (lines open Monday to Friday, 10am-4pm)

