FUTURE PATHWAYS

Support for people who were abused or neglected in the Scottish care system as children

About us

We support people who were abused or neglected as children when they were in the Scottish care system.

If this is you, we want to help you live well. We will support you in your life goals and help you work towards them.

This is a free service.

We can offer different types of support.

What support is available?

You might know what support you are looking for or you might need some help to find out. Everyone is different.

Here are some of the ways we can help:

- We can help you find local supports and services.
- We can help you access local activities and explore your interests.
- We can help you access support for your mental health.
- We can link you to services that can help you find your records.
- We can help you access training and education.

Our support will focus on what is important for you.

You will have someone to help and guide you.

If you need help finding out if you can get support, contact us.

Who can get support?

You can get support from Future Pathways if the abuse or neglect happened:

- in a care setting
- in Scotland
- when you were under 18

You also need to be over 18 now.

Care settings include:

- children's homes
- foster care
- boarding schools (state, private or independent)
- long-term stays in hospital
- young offenders institutions (YOIs)

You **can** still get support from us if:

- the abuse or neglect has or has not been reported (for example, to the police)
- you have any criminal or civil charges or cases taking place, now or in the past
- you have been supported by other services
- you get benefits
- you do not live in Scotland anymore

How to get support

To get support from Future Pathways, you first need to contact us.

You can contact us yourself or you can ask someone to contact us with your details.

You can do this by phone, email or on our website.

- Phone us for free on **0808 164 2005.**
  Our lines are open Monday to Friday, 10am to 4pm.

- Email us at
  registration@future-pathways.co.uk

- Visit our website and fill in the online form:
  www.future-pathways.co.uk/register

If you email or fill in the online form, we will ask for your phone number. We will then call you to register you with us.

Find out more

You can find out more about us on our website and social media:

- www.future-pathways.co.uk
- Facebook /FPScotland

If you have any questions about our service, contact us.

Phone us for free: 0808 164 2005
Email: registration@future-pathways.co.uk
Web: www.future-pathways.co.uk/register

Further information

Future Pathways is funded by the Scottish Government. Four different organisations work together to run Future Pathways. These are Glasgow Psychological Trauma Service, Health in Mind, Penumbra Mental Health and the Scottish Government.