
STARTING YOUR JOURNEY

WHAT IF I HAVE A SET BACK?



At Apex Scotland, we understand that overcoming barriers is a journey that can come with ups and downs. While we aim to support positive changes, we know that setbacks, including relapse or reoffending, can happen. Our goal is to help you move forward without judgment and to provide the support you need during difficult times.

Understanding Setbacks

It's important to recognise that setbacks are sometimes part of the process of change. Relapse or reoffending doesn't mean that you've failed or that your journey is over. Life can bring stress and triggers, and old habits can resurface. What matters most is your willingness to keep trying and learning from these experiences.

How We Can Help if You Experience a Setback

We're committed to providing a safe, supportive environment and offer the following ways to help if you experience a relapse or reoffending:

- **Non-Judgmental Support:** We understand that setbacks happen, and our teams are here to offer support without judgment or criticism.
- **Revised Support Plans:** If you experience a setback, we can adjust your support plan to reflect new goals, strengths, and areas that need attention.
- **Peer Support:** Connecting with others who have faced similar challenges can provide encouragement and understanding. Peer support groups can be a safe space to share experiences and learn from others.
- **Skill-Building Workshops:** We offer workshops to help you develop skills to handle stress, make positive choices, and build resilience for the future.

Steps You Can Take to Move Forward

While setbacks can feel discouraging, there are ways to turn the experience into an opportunity for growth:

- **Acknowledge the Setback:** Accepting what happened without harsh self-criticism can help you process the experience and move forward constructively.
- **Identify Triggers and Patterns:** Reflect on what might have contributed to the setback. Understanding your triggers can help you anticipate challenges in the future.
- **Ask for Help:** Reaching out to your support network, including our staff, is a proactive step toward getting back on track. You don't have to face this alone.
- **Focus on Small, Positive Steps:** Taking small actions, like attending a support group or working with your case worker, can help you regain momentum and build confidence.
- **Stay Committed to Your Goals:** Setbacks don't erase the progress you've made. Revisit your goals and remind yourself why you started this journey.

Remember: progress is not always a straight line

Our primary goal is to support you. Experiencing a setback does not mean you'll lose access to our services. We're here to help you address the situation and find a way forward. At Apex Scotland, we know setbacks are part of the journey, not the end of it. We're here to walk alongside you, helping you learn from every experience and empowering you to keep moving forward.

If you're struggling or feel at risk of reoffending, don't hesitate to reach out. Together, we can find solutions to help you continue on your path to a brighter future.

**If you or someone you know
needs our help, contact
us today, we have services
throughout Scotland.**

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