

---

**YOUR WELLBEING**  
**FEELING**  
**HOPELESS**  
**ABOUT THE**  
**FUTURE**



It's easy to feel overwhelmed when facing unemployment, especially if you're struggling with your confidence and self-worth. Apex Scotland provides personalised support to help you navigate these challenges and move towards a brighter future.

- Build your confidence. We help you recognise your existing skills and strengths, providing a foundation for personal growth.
- Develop essential skills: Through tailored programmes and services, we can equip you with the tools and knowledge needed for today's job market.
- Overcome barriers: We help you identify and address any obstacles hindering your job search, such as lack of experience or confidence.
- Gain practical experience: We offer opportunities to gain real-world experience, boosting your skills and confidence.
- Find the right job for you: We assist you in exploring career paths that align with your interests and abilities.
- Provide ongoing support: Your case worker will offer continued guidance and encouragement throughout your journey to employment.

**With Apex Scotland's support, you can :**

- Gain a greater sense of self-worth: By recognising your strengths and achieving your goals, you'll develop a more positive self-image.
- Increase your resilience: We help you develop coping mechanisms to manage challenges and setbacks, building your resilience for the future.
- Reduce anxiety: By breaking down the job search process into manageable steps, we help you reduce anxiety and feel more in control.
- Achieve your goals: With our guidance and support, you can achieve your employment goals and build a fulfilling future.

Take the first step towards a brighter future. Contact Apex Scotland today, [hello@apexscotland.org.uk](mailto:hello@apexscotland.org.uk).



---

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

Phone: 0131 220 0130

Email: [hello@apexscotland.org.uk](mailto:hello@apexscotland.org.uk)

Visit: [apexscotland.org.uk](http://apexscotland.org.uk)