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**YOUR WELLBEING**  
**ACCESSING**  
**THE RIGHT**  
**SUPPORT**



At Apex Scotland, we understand that everyone's needs are different. We take a holistic approach to ensure you receive the right support for your individual circumstances .

- Comprehensive needs assessment: We begin by getting to know you to understand your unique needs, goals, and challenges.
- Personalised support plan: Based on your assessment, we develop a tailored plan with clear goals and strategies to help you move forward.
- Focus on the present and future: We concentrate on building your skills and confidence for the future, while acknowledging the impact of past experiences.
- Access to specialist support: If needed, we can connect you with other organisations specialising in areas like mental health, addiction, housing, or education.
- Integrated support network: We collaborate with other providers to ensure you receive comprehensive support across all areas of your life and can help you navigate complex systems to access the resources you need.

With Apex Scotland's support, you can :

- Address your individual needs: We recognise that your needs are unique and provide tailored support to address them effectively.
- Access a wider range of services: We connect you with specialist organisations or signpost you to ensure you receive comprehensive support.
- Overcome barriers to success: We help you address any challenges that may be hindering your progress.
- Build a strong foundation for the future: By focusing on your present and future goals, we help you create a more positive and fulfilling life.

Contact Apex Scotland today to discuss how we can support you to improve your wellbeing.



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**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)