

Get in touch

Let staff in prison know you're interested or get in touch after you leave prison.

Upside:

 **0800 587 7263**

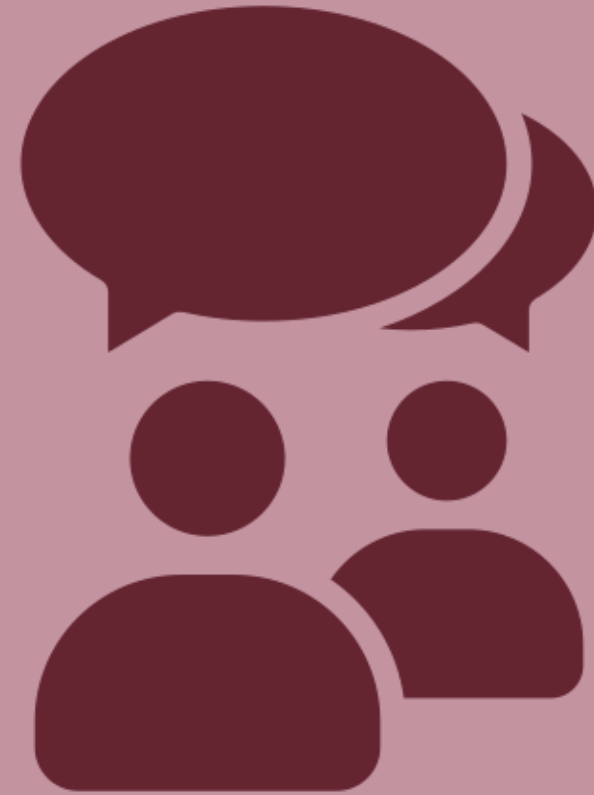
 **www.upside.scot**

Midlothian Justice Service:

 **0131 285 9600 (press option 3)**
07551 136 142

 **Number 11**
11 St Andrew Street, Dalkeith, EH22 1AL

 **justice@midlothian.gov.uk**
www.midlothian.gov.uk/justice



Support after you leave prison

Voluntary Throughcare

Supporting you to build a positive future.

“You helped me understand me and understand my past”

What is Voluntary Throughcare?

Voluntary throughcare is support you can access for **12 months** after you leave prison.

Support to settle into the community

The support is trauma informed and tailored to your needs. It can help you with:

- Accessing support for housing related problems
- Benefits
- Finding out what support is in your community (you can also do this using www.aliss.org)
- Supporting you and your family
- Referrals for addiction, mental health, employment or other services

Who provides Voluntary Throughcare

Two organisations can support you in Midlothian:

- **Upside** – A national provider
- **Midlothian Council** - Justice Service

Fitting around you

You do not need to decide if you want to access support now. The service is voluntary and you can ask staff in prison or get in touch after you leave.

If you decide it is not for you, you can take a break or stop at any time.