



Families Outside is an independent organisation that provides support to families affected by imprisonment in Scotland.

We know that having a family member in prison or facing a prison sentence can affect families in a number of ways.

If you need support, we can help you.



You might be looking for help with:

- Information about prison
- Your emotions and feelings: coping, shame, isolation
- Talking to your child / children
- Family relations and support networks
- Housing, income, finance and benefits
- Access to community support and services
- Visiting and maintaining contact
- A concern for someone in prison
- Preparing for release

“You listened to me when I needed someone to talk things through with.”

“You were the first person who asked me how I was feeling.”

Our service:

- Provides support, face-to-face, online or over the phone
- Offers emotional support and help with practical issues
- Can link you to local specialist services
- Can help you take more control of your situation
- Is available throughout the whole of Scotland
- Is confidential and non-judgemental

If you have a family member in prison and need information or support, call the Families Outside Support and Information Helpline:

0800 254 0088

Text FAMOUT followed by your message to 60777

Email support@familiesoutside.org.uk

Visit www.familiesoutside.org.uk

families
outside

supporting
families affected
by imprisonment

Your Families Outside Contact: