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NDTi website

Your Future, Your Way! Need Help Planning Your Next Steps?

Are you 14-25 years old?

Thinking about what's next after school, college, or training? Feeling a bit worried or unsure about the future? Growing up and figuring out adult life can be exciting, but also tricky sometimes!

We're here to help - for FREE!

We offer friendly, one-to-one chats to help you sort things out. Think of us as your personal guide to planning your next steps. This support is free, thanks to the Scottish Government and NDTi (that's us!).

Who is this for?

- Anyone aged 14-25 in Scotland.
- It doesn't matter if you're in school, left school, working, or looking for work.
- You **don't** need any special label or diagnosis to get help. We're here for *you*.
- Parents and carers can get info too!

How does it work?

You'll chat online with one of our friendly Supporters. They really listen to *you*:

- What you're good at.
- What you enjoy.
- What *you* want for *your* future.

We focus on **your** ideas and help you plan **your** way.

What will I get?

We can talk online (like Zoom or Teams), on the phone, or by text – whatever works best for you!

These chats will help you:

- Feel more **confident**.
- Get **clear ideas** for your future (like jobs, learning, living skills, or hobbies).
- Find **useful information** easily.
- Get the **right support** when you need it