Top 10 Tips on Resettlement
Written for ACOOP by a recently released older prisoner

1) **Rebuild family ties and other personal relationships as soon as possible on release.**
   
   They are the backbone of your future.

2) **Do not be afraid to ask for help no matter how insignificant the problem may seem.**
   
   There is always someone somewhere who will be willing to help.

3) **Be of strong mind and not easily led by others.**
   
   You are better than them.

4) **Sort out the priorities for the future.**
   
   Sort them out one at a time.

5) **Relationships could get strained for a while so take a step back.**
   
   They have been through a rough time as well as you.

6) **Work with your Probation Officer.**
   
   They are there for a purpose.

7) **Get your finances in order.**
   
   They are second only to your personal relationships.

8) **Keep a directory always handy of your most used telephone numbers and addresses.**
   
   It saves so much time in the end.

9) **“A problem shared is a problem solved“**

10) **WALK TALL**

   YOU ARE A HUMAN BEING THE SAME AS THE NEXT PERSON.