

# Reconnecting with family, friends and carers

Whilst we realise reconnecting may not always be an option, at some point you may choose to re-establish contact with the family, friends or carers you left behind. This may not mean returning home and meeting face to face, it could simply mean sending a letter or making a phone call to say you are safe and will make contact again when you are ready.

Although reconnecting may not be easy, Missing People is here to support you at every point in the reconnection process. Call or text us in confidence on **116 000**, 24 hours a day, or email us at [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)

### Passing a message home

Returning home and reconnecting with those you left behind can be difficult. You may have left because of strained relationships at home, or you may be concerned that your relationships may have deteriorated whilst you have been away.

If making direct contact with those you left behind feels too daunting, or you are concerned about how they might react, Missing People can help your reconnection by passing a message home between you and your loved one or carer. This may allow you to begin to communicate and reconnect without worrying about receiving a negative reaction.

We can also connect you to others aside from family or carers. For example, we can help you contact a social worker, community psychiatric nurse, hospital staff or other professionals.

### If you do not know the contact details of your family

If you have been out of contact for an extended period of time and no longer have contact details for your family, Missing People may be able to help establish their address and initiate contact through our [Lost Contact Tracing Service](#). Other organisations that can help in this situation are listed in our guidance sheet entitled [Who can help?](#) ( You can download this from the [Adult Guidance homepage](#) guidance).

### Practical difficulties

Returning home may also raise a number of practical difficulties- some of which

may have been apparent when you left, and others of which may have developed or worsened whilst you were away. Missing People and other organisations are able to help you work through any practical problems you may face. Call Missing People on **116 000** or read our guidance on [Who can help?](#) (You can download this from the [Adult Guidance homepage](#) guidance).

### *Finances*

You may return to a difficult financial position, due to debts incurred either before or during you being away. Whilst this may seem daunting there are many organisations that can help you to begin to address any financial problems you may have. Our guidance entitled [Who can help?](#) (you can download this from the [Adult Guidance homepage](#) guidance) lists a number of organisations who can help you to address your debt problems and overcome them.

### *Housing*

If you have left your accommodation and have not kept up rental or mortgage payments you may find yourself without a place to stay. Our guidance on [Missing and housing](#) (forthcoming) provides information on your options for finding accommodation.

## **Missing People is here to help**

If you are considering reconnecting with family or carers then Missing People is here to help.

Call, email or text **116 000** for confidential, round the clock support and advice. We can listen to any concerns you may have and answer your questions about the practical or emotional aspects of reconnecting with your friends and family.

If you are unsure about whether you wish to reconnect, or are worried about the response you might get from your loved ones, Missing People can pass a message home to them. We can help you find the right words and if you do not wish to disclose your current location you do not have to.

If you wish to pass a message you will need to be able to provide some information that will prove your identity to the person we are passing the message too, such as date of birth or other memorable information. We will contact your family and ask if they are willing to receive a message from you, they will also be given an option to pass a message back to you. We will ask you if you are willing to receive a message back.

We will not pass abusive or harmful messages between family members, and we will not pass messages regarding legal or financial matters.

This guidance has been produced with the kind assistance of the Missing Persons Bureau

**116 000** is the number for advice, support, help and options if you, or someone you care about goes missing. Call or text the charity Missing People on 116 000 - it's free, 24 hour and confidential. You can also email us at [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk) for advice and support

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