

Date:

I am recommending the following: (Please tick)



Access Therapies Fife website Self help resources and Self help guides

www.accesstherapiesfife.scot.nhs.uk



Step on Stress



- ✓ 3 sessions over 3 weeks where you can learn how to reduce stress, anxiety and panic as well as boost your self esteem
- ✓ Courses running throughout the year across Fife
- ✓ This is a lecture style course delivered by our team through presentations. It is not group therapy.
- ✓ You can take along a friend or family member for support
- ➔ To book a place email **Access Therapies Fife** on fife-uhb.atfife@nhs.net or call us on **01383 565427**



Back on TRAC



- ✓ 6 sessions over 6 weeks where you can learn to improve mood and manage symptoms of depression.
- ✓ Courses running throughout the year across Fife
- ✓ This is a lecture style course delivered by our team through presentations. It is not group therapy.
- ➔ To book a place email **Access Therapies Fife** on fife-uhb.atfife@nhs.net or call us on **01383 565427**



Assertiveness Classes



- ✓ One-off class providing you with the opportunity to learn what it means to be assertive and ways to become more assertive
 - ✓ Courses running throughout the year across Fife
 - ✓ This is a lecture style class delivered by our team through presentations.
 - ✓ It is not group therapy.
 - ✓ You can take along a friend or family member for support
- ➔ **To book a place email Access Therapies Fife on fife-uhb.atfife@nhs.net or call us on 01383 565427**



Improving Wellbeing



- ✓ One-off class where you can learn how to improve your emotional wellbeing
 - ✓ Courses running throughout the year across Fife
 - ✓ This is a lecture style class delivered by our team through presentations.
 - ✓ It is not group therapy.
 - ✓ You can take along a friend or family member for support
- ➔ **To book a place email Access Therapies Fife on fife-uhb.atfife@nhs.net or call us on 01383 565427**



Change Up



- ✓ 10 session therapy group to help people with a range of emotional problems, such as anxiety, depression, obsessive-compulsive disorder, panic and social anxiety
- ✓ Groups run throughout the year in venues across Fife
- ✓ This is a therapy group and is run by NHS Psychologists
- ➔ **To book a pre-group assessment call the Access Therapies Fife admin Team on 01383 565427. They will arrange for you to have a pre-group assessment appointment with one of our therapists**
- ! If your pre-group assessment appointment is by telephone, please make sure you take the call in a confidential place and that we have your correct telephone number. We shall call you twice, once at the agreed appointment time, and again 5 minutes later. If there is no answer we shall assume that you no longer want therapy and shall refer you back to your GP.



Moodcafe Website



Moodcafe website - www.moodcafe.co.uk



Resources for:

- ✓ Parents
- ✓ Children and teenagers
- ✓ Carers
- ✓ People with learning disabilities



- ➔ **Information and resources about:** Anger, Bereavement, Bullying & harassment, Eating Disorders, Extreme moods and bipolar disorder, Memory problems, Pregnancy and postnatal emotional problems, Self esteem, Self harm, Trauma and abuse

Well-being and Lifestyle Advice; Advice about coping with physical health problems; Advice about managing feelings plus information about CBT tools