

Date:

I am recommending the following: (Please tick)



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## Access Therapies Fife website Self help resources and Self help guides



[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)



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## 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 \[fife.atfife@nhs.scot\]\(mailto:fife.atfife@nhs.scot\)](mailto:AccessTherapiesFife@nhs.scot) or call us on **01383 565427**



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## 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 \[fife.atfife@nhs.scot\]\(mailto:fife.atfife@nhs.scot\)](mailto:AccessTherapiesFife@nhs.scot) 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.atfife@nhs.scot](mailto:fife.atfife@nhs.scot) 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.atfife@nhs.scot](mailto:fife.atfife@nhs.scot) 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](http://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



## SilverCloud



- ✓ SilverCloud provides private and secure access anywhere, anytime, to evidence-based, online programs that will help teach you techniques to reduce symptoms of stress, anxiety, low mood, or depression. Based on cognitive behavioural therapy, mindfulness, and positive psychology, SilverCloud is very interactive and very flexible. It can be used on your phone or tablet device so that you always have access to it.
- ✓ We recommend that patients spend around 40 minutes per week, over 6 to 8 weeks on SilverCloud
- ✓ Programmes available cover Covid-19, Chronic Pain, Coronary Heart Disease, Diabetes, Health Anxiety, Lung Conditions, Rheumatoid Arthritis and Social Anxiety
- ✓ SilverCloud programs have demonstrated a high improvement rates for stress, anxiety and depression. You set your own pace, it is not time consuming, and you don't have to stick to rigid appointments.
- ➔ **To book a place for a patient please complete the referral form on page [www.accesstherapiesfife.scot.nhs.uk/gp-corner](http://www.accesstherapiesfife.scot.nhs.uk/gp-corner) of our website.**

