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**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 (1.5 hours each session) where you can learn how to reduce stress, anxiety and panic as well as boost your self esteem
* Courses running all 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

Please book via the Access Therapies Fife Website

[Home - Access Therapies Fife NHS (scot.nhs.uk)](https://www.accesstherapiesfife.scot.nhs.uk/)

**Back on Track**

* **Therapist-guided self-help course which provides ways to improve mood and manage symptoms of depression**
* **Blend of online videos, teaching core concepts, workbook and up to four brief video/phone appointments with a therapist.**

Please book via the Access Therapies Fife Website

[Home - Access Therapies Fife NHS (scot.nhs.uk)](https://www.accesstherapiesfife.scot.nhs.uk/)

**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

**For** a pre-group assessment – please book via the Access Therapies Fife Website. [Home - Access Therapies Fife NHS (scot.nhs.uk)](https://www.accesstherapiesfife.scot.nhs.uk/)

They will then contact you to arrange 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 -** [**www.moodcafe.co.uk**](http://www.moodcafe.co.uk)



**Resources for:**

* Parents
* Children and Parents
* Carers
* People with learning disabilities
* For Older people

**Information and resources about**: Anger, Addictions, 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

