

MENTAL HEALTH & WELLBEING SERVICE

- FIFE

Support for children and young people
aged 5-24 (up to 26 depending on
circumstances)

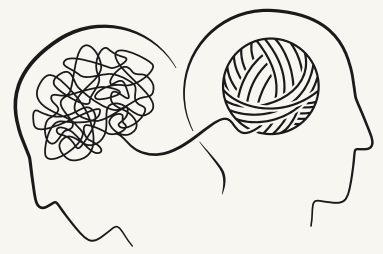
Would you like to understand more
about your mental health and learn skills
and strategies to cope with difficult
emotions?

We provide
1:1 support
for young
people and
their families

We can
provide groups
to support with
mental health
&
wellbeing

Work
towards
your own
mental
health goals

We meet at
times and
places
which suit
you



This short-term service can offer up to 10 therapeutic
intervention sessions to support you to improve
your mental health.

We aim to support you to manage any of the following areas which
may be having an impact on your mental health and wellbeing. We
can also provide support for any parent who may require support in
managing these concerns for their child.

- Distress
- Anxiety
- Repetitive/
Perservative
behaviours
- Stress
- Routines &
Boundaries
- Bereavement &
Loss
- Relationships
- Self-Harm
- Body Image
- Sleep
- Emotion
Regulation
- Depression
(Mild to
Moderate)
- Gender
Identity
- Healthy Digital
Interaction
- Resilience