

NHS Fife Resources and Groups

Access Therapies Fife Website: www.accesstherapiesfife.scot.nhs.uk

This is the main, centralised website to find resources and information regarding mental health supports within Fife; including information on psychology led groups, apps, online programmes and self help materials. Of particular relevance:

Space in Diabetes from Depression and Anxiety SilverCloud (clinician referral required) online programme – to find further information, Click on ‘How can I access help online?’, then ‘SilverCloud online therapy’
<https://www.accesstherapiesfife.scot.nhs.uk/silvercloud/>

Please note that a clinician must make the referral – click on the “GP corner” at the bottom left of the page to make a referral.

Apps (self referral)

Sleepio is a evidence-based digital therapy for sleep difficulties and **Daylight** which is an interactive and evidence based online programme for reducing anxiety, using exercises to help learn to relax, change perspective on anxious thoughts and address fears.

<https://www.accesstherapiesfife.scot.nhs.uk/booking-sleepio-and-daylight-programmes/>

Mood Cafe (no referral required):

Provides information and resources to help improve mental health. Includes booklet for those with physical health conditions:

<https://www.moodcafe.co.uk/managing-physical-health-problems/>

Positive Coping with Health Conditions (no referral required) self help guide, found in the ‘How can I access self-help?’ section, under ‘Self-help Resources’, is a guide for coping with the emotional impact of physical health conditions.

<https://psychhealthandsafety.org/pcwhc/>

Guided Self-Help (self referral):

The Guided Self-Help Service provides brief interventions for psychological difficulties, such as low mood, anxiety, panic, worry, sleep difficulties or stress with the support of a NHS trained Professional

<https://www.accesstherapiesfife.scot.nhs.uk/guided-self-help-service/>



Adult Groups (all self referral) can be found within the
'How can we help you?' Adult Groups section:

<https://www.accesstherapiesfife.scot.nhs.uk/how-can-we-help-you/adult-groups/>

Back on Track

Back on Track is a 6 week course which teaches ways to improve mood and manage symptoms of depression. The course provides a framework for better understanding and managing low mood. This is a lecture style course delivered by our team through presentations.

<https://www.accesstherapiesfife.scot.nhs.uk/back-on-track/>

Step on Stress

Step on Stress is an educational course that teaches people how to manage stress and anxiety. The course runs for three weekly sessions of one and a half hours each. It aims to help people to build a better understanding of stress and deal with it using a variety of practical tools.

<https://www.accesstherapiesfife.scot.nhs.uk/step-on-stress/>

Change UP

The Change Up group is a 10 week therapy group which is aimed at helping people overcome a range of emotional problems.

These include anxiety, depression, obsessive compulsive disorder, panic and social anxiety. It is an integrative approach that brings together a range of techniques and is run by NHS psychologists.

<https://www.accesstherapiesfife.scot.nhs.uk/change-up/>

Sleep Well

Sleep Well is a 2 hour course that provides you with knowledge and strategies to help reduce sleep problems and improve your sleep quality.

<https://www.accesstherapiesfife.scot.nhs.uk/sleep-well/>