


includem 
**Wellbeing
in Fife**

Dunfermline & South West Fife

What is the includem wellbeing service



Includem's Wellbeing in Fife service offers a range of support to children, young people and their families focused on groups and 1:1 support to promote positive mental health and wellbeing and reduce distress. The team will come to you and listen to your goals and aspirations and offer input to achieve these. We run a number of groups for children and young people aged 5 – 26 years and for parents and carers. We will spend time with you to build your confidence & resilience and help to strengthen your skills.




How we can support



This service offers community groups in areas such as reducing anxiety, gender identity, body image, self harm, supporting your child with their mental health and the Solihull Approach to Parenting.

We will help you to identifying appropriate resources and services available in your area to promote your own positive mental health and wellbeing or help your parent carers to support you. If you need a little extra help to reach out, we can offer 1:1 support to do this.




When we are available



Our service is available 7 days a week during the hours of 8am-10pm.

Our enquiries line allows you to leave a voicemail with your basic details.

A Co-ordinator will contact you to complete the enquiry and gather key information from you to agree what steps/ support is required.



Where are we?

Support can be accessed if you live in:

Dunfermline

and

South West Fife





Please get in touch

Enquiries can be made via our freephone telephone number on:

0800 037 1069

The enquiry line is operational between 8am-10pm, 7 days a week.

A voicemail service will allow a message to be left and will be responded to by one of the area co-ordinators.



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