

Frequently Asked Questions (Step on Stress/Assertiveness and Sleep Well)

Will I have to talk in front of other people?

No. It is not a group therapy, it is a class. All the seats face the front.

Will I have to write things on the course?

No. All you are asked to do is to tick your name off the register so we know who has come to the class. We give handouts which you can read at your own pace.

What if I met someone I know?

You may do. We don't discuss personal problems, you don't get to know about why others are coming. We ask everyone to respect each other's confidentiality.

Will there be others on the course like me?

Although no two people will have exactly the same problems, you will have a lot in common, there are people from all walks of life.

Can I bring someone with me? Yes — you can bring one person with you.

Where are they held? Classes take place in many locations in Fife.

Information on how to book our courses is available online at:
acesstherapiesfife.scot.nhs.uk

Contact details

Email: fife.atfife@nhs.scot

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

Access Therapies Admin Team

Psychology Service
Lynebank Hospital
Halbeath Road Dunfermline
KY11 4UW



Mental health problems can affect anyone

We offer a range of free psychological therapies to adults in Fife.



1 in 4 people in the UK will experience a mental health problem each year.

We can offer a range of local therapies that can help if you feel stressed, anxious or depressed.

Giving people the right information and help to develop skills to overcome feelings of stress, anxiety and depression is central to what we do.

Our Step on Stress course, Assertiveness and Sleep Well workshops together with Back on Track which are run regularly and are available to book directly (see the back of this leaflet for contact details).

If you are interested in attending our Change Up course, contact us to book a pre-group assessment with one of our therapists.

The assessment may be face to face or by telephone.

If you are unsure what is right for you, you can contact us for a telephone assessment with a therapist or speak to your GP.

You will NOT be expected to discuss your personal problems at the following 3 classes.

Step on Stress

Step on Stress classes have been well established within Fife for many years.

Step on Stress, is a 3 week course based on CBT techniques, which provides you with proven ways to reduce stress, anxiety and panic as well as boost your self-esteem.

Assertiveness Class

This one-off class provides you with the opportunity to learn what it means to be assertive and ways to become more assertive in your daily life.

Sleep Well Sessions

This one-off class is designed to provides you with knowledge and strategies to help reduce sleep problems and improve your sleep quality.

Online Course

Back on Track

Back on Track is a therapist-guided self-help course which provides you with ways to improve mood and manage symptoms of depression. The course will provide you with a framework for better understanding and managing low mood.

Back on Track involves a blend of online videos teaching core concepts, a workbook with more information and tasks to complete, and up to 4 brief video/phone appointments with a therapist. These appointments can help you to work through the material and ask any questions you have about what you are learning.

For more information on how to book a place on any of our courses or to book an assessment appointment see the back of this leaflet or go online to [accesstherapiesfife.scot.nhs.uk](https://www.accesstherapiesfife.scot.nhs.uk)

Therapy Group

Change UP

The Change Up group is a 10 week therapy group which is aimed at helping people overcome a range of emotional problems. This includes problems with obsessions and compulsions, panic and social anxiety.

The group is a closed group.

This means that only people who are invited to the group can attend and new people will not join after the second week. Participants need to be able to commit to attending all of the 10 sessions in order to gain maximum benefit.

This group may not be suitable for some people so you cannot self-refer. However, you can book an assessment appointment with a clinician and together you can decide if the group seems right for you.

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