



resilience

service in tayside and fife

**Providing early intervention and support
to people facing the stresses of everyday
life who need help with their mental
health needs**

www.changemh.org

A transformational service promoting positive mental health and resilience

We identify mental health needs early and help you to move forward with your life by promoting resilience and recovery.

We all have mental health and many of us struggle to manage it. Building resilience can help support you to become more adaptable which can help with conditions such as depression and anxiety. We look to improve your overall mental health and wellbeing.

Resilience links and signposts people to a range of support and providers across Tayside and Fife, including our own National services.

Support can be one-to-one, virtually or in person, at our locations in Tayside and Fife. We offer a peer support group in Levenmouth, Fife, which features our Women's Group. Our groups in Tayside include a book club or an opportunity to embrace peer support.

We can deliver support flexibly and in ways that suit you best. We place you at the heart of what we do and build that support for you to move forward.



"I don't feel alone anymore. I feel like if I have a problem there's somebody there to help me. They make you feel like a person and they don't make you feel any different from anybody else."

Dawn,
Resilience service user in
Tayside

Contact our Tayside team at tayside@changemh.org or **0131 563 0223**
Contact our Fife team at fifeservices@changemh.org or **01333 841304**



Change Mental Health
is a charity registered in Scotland
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www.changemh.org

