

Ensuring a better quality of life for those affected by mental illness

We're here to serve the Fife community, facing challenges head on and speaking out when we see injustice.



"I don't go out much because of my mental illness. I don't want to leave the house most of the time. But I look forward to coming here, it's my weekly outing I commit to. We support each other and nobody judges you."

Marion,
service user in Fife

where we are

You can find us at:

**Levenmouth Community Enterprise
Centre, Thomson House, Harbour View
Methil, Leven
KY8 3RW
fifeservices@changemh.org
01333 841304**



Change Mental Health
is a charity registered in Scotland
SC013649.

www.changemh.org



support in
fife
from change mental health

**Placing individuals at the heart of what
we do and building the support they
need to move forward with their lives**

www.changemh.org

A future where no one needs to face mental illness alone

We provide transformational services for people ensuring that everyone has access to the support they need, when they need it and in a way which works best for them.

We work closely with the community across Fife: providing early information and support to people who require help with their mental health needs.

We promote resilience and recovery, supporting people to integrate into their local community, helping people to move forward with their lives after facing the stresses of everyday life, developing strategies for carers, and supporting those who hear voices to take the next step of their journey.

Our services in Fife collaborate together and with our National services, such as our Advice and Support Service. We are resourceful and simple in the support we offer, ensuring we work with the community to develop signposting opportunities for further relevant support and raise awareness of mental health.

Lived experience is at the heart of what we do and we have a commitment to person-centred approaches.

How we can help you in Fife

Change Mental Health work with you to help achieve your realistic desired goals and with other organisations to ensure that the support you receive is relevant to the support you need.

Our role is to offer guidance, information and ranges of support, from emotional support to complex issues such as housing, finances, employment, and more. We work in and build partnerships with others, referring you to the most appropriate organisation best placed to help you with specific issues and we can support you ahead of meetings. We also offer group sessions, enabling you to socialise and meet new people, learn a skill, or undertake peer support.

It's our goal to make sure you are not facing life's difficulties alone, especially when poor mental health makes it a much bigger task.



Different types of services to support you

We are committed to person-centred approaches and meaningful participation, working hard to overcome and tackle the stigma surround mental illness. There is a lot of support available with Change Mental Health in Fife.

Resilience

Providing early information to support people with their mental health needs to build resilience and promote recovery, enabling you to move forward positively with your life

Hearing Voices

Supporting people who experience voices and invasive thoughts through psychosis and schizophrenia with one-to-one support and peer support groups

Carers Support

Improving the health and wellbeing of carers in person, through phone or virtually one-to-one by providing emotional support, access to peer support and signposting to other relevant services

Do you want to find out more about what we do across Scotland?
Visit www.changemh.org or email advice@changemh.org.



Change Mental Health
is a charity registered in Scotland
SC013649.

www.changemh.org

