

## Accessing Link Life Fife support

If you and your GP, nurse or other health professional feel that you could benefit from support, they can make a referral on your behalf. A Link Worker will contact you within 3 working days to discuss what support from Link Life Fife would look like for you.

**This is a free and confidential community-based service.**

## How to reach us

If you would like more information about the service, please visit:

[www.fifehealthandsocialcare.org/LLF](http://www.fifehealthandsocialcare.org/LLF)

or email: [linklifefife@fife.gov.uk](mailto:linklifefife@fife.gov.uk)

scan me



**BSL Translation SMS service**  
07781 480185

Via contactSCOTLAND-BSL



**BT Text Direct**  
18001 03451 55 15 03  
(9am to 5pm)



**Alternative Formats**  
To request information in large print, braille, audio CD/tape and BSL interpretation call  
03451 555500

Fife Health  
& Social Care  
Partnership   
Supporting the people of Fife together



# Link Life Fife

Improving mental health  
and wellbeing

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Link Life Fife is a community support service for anyone in Fife who may benefit from additional support to manage stress, anxiety, or feelings of being overwhelmed that are affecting their mental health or general wellbeing.

## Who can access the service?

Link Life Fife supports adults, aged 18 and over, who are experiencing any of the following:

- emotional distress as a result of social circumstances
- persistent poor mental wellbeing
- a long-term health condition that affects mental wellbeing

Speak to your GP, nurse or other health professional, who can refer you to Link Life Fife.

If you are having thoughts of suicide and you need to speak to someone confidentially call:

- Samaritans - 116 123
- Breathing Space - 0800 83 85 87
- NHS24 on 111

## How will the Link Worker support you?

Link Life Fife will:

- listen to what matters to you
- identify your needs, skills and strengths
- provide information and options for informed choices and decisions
- support you to access services or community resources
- connect you in with activities or social groups
- support you to make positive changes to your life

## What you have said matters to you:

- community mental health resources
- housing
- benefits and financial support
- community groups and activities
- local support groups
- training and employment pathways

The Link Worker can support you to access the above or anything else that matters to you.

