

What areas do we cover?

Kirkcaldy

Burntisland,
Dysart,
Kinghorn,
Kirkcaldy

Glenrothes

Coaltown of
Balgonie,
Glenrothes,
Kinglassie,
Leslie, Markinch,
Thornton

Levenmouth

Buckhaven,
Kennoway,
Leven, Methil,
Methilhill,
Wemyss

Who provides the service?

The service is provided by a team of Self Help Coaches who are employed by LinkLiving, a Scottish charity. LinkLiving has provided support for some of the most vulnerable people in our communities for over 25 years. You can find out more about our work on our website.

Our Self Help Coaches receive regular clinical supervision from NHS Fife Psychology.

Who funds the service?

We are funded by the Scottish Government's *Survivor Support Innovation and Development Fund* and Fife Health & Social Care Partnership. We are grateful to the Scottish Government and Fife HSCP for their support.

Other services from Better than Well

In addition to supported self help, *Better than Well* provide training for organisations to promote trauma informed work practices. We also participate in shared learning events to increase awareness of the impact of childhood trauma.

To find out more, please get in touch.



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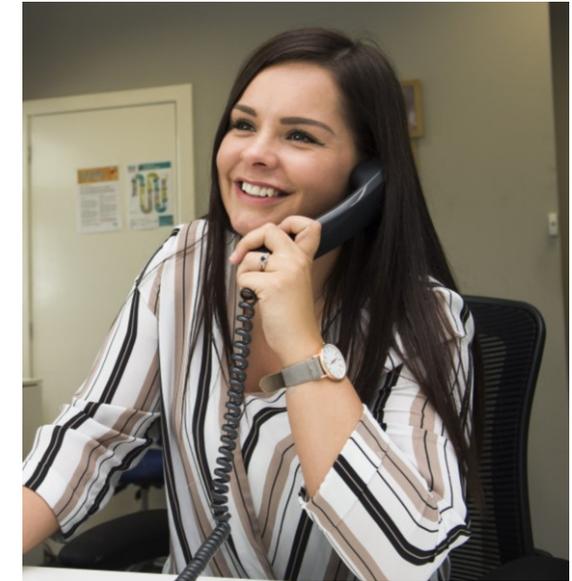
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Better than Well



Better than Well is a free service for adults who have experienced abuse and neglect in childhood.

The service is for people aged 16 and over who live in the Glenrothes, Kirkcaldy and Levenmouth areas.



What does the service offer?

Better than Well offer up to eight one-to-one self help coaching sessions to help adults who have experienced childhood trauma stay safe and stable. Our Self Help Coaches use a Cognitive Behavioural Therapy based approach which will introduce you to resources, techniques and tools tailored to help you:

- Recognise and understand the impact of trauma.
- Identify meaningful personal outcomes and how to work towards them.
- Connect to other services and sources of support in the community.

What is trauma?

Trauma can be viewed as an event, series of events or set of circumstances experienced as physically or emotionally harmful or life threatening with lasting adverse effects.

Examples of traumatic events in childhood include:

- Emotional, physical and sexual abuse
- Neglect
- Witnessing abuse and violence

Do I need to talk about my experiences?

Our service focuses on current difficulties, you don't need to discuss what happened in your past. We do ask some questions to ensure our service will benefit you or to signpost to further support.

Is the service confidential?

What we discuss during your time in the service will be treated confidentially but there are some limitations to this. Your Self Help Coach will discuss further during the first session. We will also keep you informed of any contact with other organisations.

What happens in our service?

