

# Better Than Well



## Affected by childhood trauma?

If you have experienced difficulties in childhood which are impacting on you now, Better Than Well may be able to help.

Better Than Well is a free confidential self help coaching service for people over the age of 16 who live in Fife and experienced childhood trauma. The service helps people to deal with the challenges they face today and there is no requirement to talk about what happened in the past.



## What does Better Than Well offer?

- A self help coach will offer up to 8 one to one sessions designed to help you stay safe and stable
- Help to recognise and understand the impact of childhood trauma on your life now
- Support to identify personal goals and how to work towards them
- Resources, tools and techniques to help you manage the effects of trauma and move forwards in your life.

Sessions are available in a range of locations across Fife and can be face to face or by phone or video.

Our self help coaches receive clinical supervision from NHS Psychology.

My coach was really good and understanding. She had the skills to help me recognize what might work for me. She was empathetic and a good listener and that really helped too.

I found it so helpful, my coach was a good listener and helped me understand my difficulties. I would definitely tell other people who are struggling to try Better Than Well.

I feel I know myself better, what works and how to use grounding to stop panic attacks. I can recognize my triggers.



[www.linkliving.org.uk](http://www.linkliving.org.uk)



[admin@linkliving.org.uk](mailto:admin@linkliving.org.uk)



01592 644048 and ask for Better Than Well



Better Than Well, LinkLiving, West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE



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LinkLiving will produce this information on request in braille, audio recording, large print, and community languages.

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