



Fife Pathway to Wellbeing and Work 2025



This diagram shows an *idealised* pathway from initial mental health services into employment. It is a guide to what good service provision and the pathway should look like

1. Early Engagement with a Health Service about Mental Health	2. Sustained Relationship with Mental Health Services	3. Building Confidence, Meaningful Activity and Routine	4. Looking for Work	5. In Work - Ongoing Support
<p>Someone asks me if I am in work, or when I was last in work: I am referred to the most appropriate service</p> <p>I am supported to access the nearest, most relevant, third sector support prior to requiring clinical intervention</p> <p>Someone asks me if I want to return to work as part of my get- well journey</p>	<p>I am encouraged to try new things and learn from this</p> <p>I am able to grow and gain confidence <i>within MH services</i></p> <p>I can see and work with others who have been unwell.</p> <p>I am seen as interdependent.</p> <p>I am supported to explore my own community networks, strengths, interests, and joy.</p> <p>I am supported to manage my own health and wellbeing.</p> <p>Benefits issues are resolved swiftly</p>	<p>I have opportunities to rebuild and develop my cognitive abilities</p> <p>I am given accurate advice about my benefits in relation to volunteering and work</p> <p>I am supported to access the range of stepping-stone opportunities available in Fife to build my confidence: whether specialist or non-specialist depending on my needs and interests.</p>	<p>I am referred to the appropriate employability provision, <i>when I think I am ready to try take the step</i>, whether specialist or non-specialist depending on my mental health barriers.</p> <p>I am able to work with the Job Centre to ensure my benefits are maintained.</p> <p>I know how to disclose my mental health challenges</p> <p>I know what my rights are in work.</p>	<p>I am in a healthy workplace</p> <p>I have a Keep Well in Work plan</p> <p>I know where to get support if things go wrong</p> <p>I have a rapid referral system to clinical support in place if appropriate</p>

It is important to acknowledge that for many this journey will not be linear, people will cycle and loop through each element, and different services.

People can be at Stage 1 and Stage 5 all at once. For others Stage 2, 3 or 4 may be as far as they go.

This pathway is a guide to the different types of support people **should** receive at each stage to help them reach their full potential, not a system to push people through.



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Local Services

Specialist provision follows on the next page



1. Early Engagement with a Health Service about Mental Health	2. Sustained Relationship with Mental Health Services	3. Building Confidence, Meaningful Activity and Routine	4. Looking for Work	5. In Work - Ongoing Support
On Your Doorstep and other online services	Sam's Café:	Fife-ETC (low to moderate)		Fife-ETC - In-work support (low to moderate)
	ENeRGI	Fife Employment Access Trust (FEAT) – Heart, Mind & Soul & Silverburn Park		Working Health Services 0800 019 2211
Moodcafe	Express Group	Fife Gingerbread - Making it Work for Lone Parents, Family Approach, Making it Work for Families and Fife Gingerbread Volunteering		
Access Therapies	Fife Boomerang	SAMH - (Going Forth, Evergreen)	Fife Individual Placement & Support	
NCS Fife, Talk Matters	LINK Mental Health Befriending	Re-Employ	Fife Council - Supported Employment Service https://www.facebook.com/FifeCouncilSES/	
Community WELLS	LinkLiving - Step On & Moving On Up	Furniture Plus		
Local Area Coordinators and Link Workers	Circles Network	Castle Furniture – Befriending - Glenrothes, Cupar		
Mental Health Triage Nurses	Change Mental Health- Various projects	Fife Leisure Trust (Various projects)		Workplace Team - Free & Confidential services for workplaces
GP Surgery	Andy's Man Club	Mental Health & Wellbeing Football Pars Foundation - Dunfermline AFC		
Allied Health Professionals	Collydean Community Centre	The Ecology Centre, Kinghorn		
Out of Hours Service	Fife H&SCP Community Mental Health Teams	Fife H&SCP Mental Health Occupational Therapy		
NHS Inform		FVA - Volunteering into Work - Lived Experience Team		
	Wheatley Care- Contact Points (Kirkcaldy & Buckhaven) Email: talk@wheatley-care.com			
And many more	SAMH – IPS Recovery			



Fife Pathway to Wellbeing and Work 2025 Specialist Services



National Organisations/ Phone lines	<u>Breathing Space</u>	<u>Combat Stress</u>	<u>Papyrus</u> (Prevention of Young Suicide)	<u>Samaritans</u>
	<u>SAMH</u>	<u>SANE</u>		
Specialist Provision	<u>Alcoholics Anonymous</u>	<u>BEAT - Beating Eating Disorders</u>	<u>Change Mental Health</u> - <u>Hearing Voices Project</u>	<u>Clued Up</u> (Substance Use Support for 16 - 24s)
	<u>Cruse Scotland Bereavement Support</u>	<u>Fife Bipolar Group</u> (1:1 peer support & online support group for people based in Fife)	<u>Fife International Forum</u>	<u>Fife Intensive Rehabilitation & Substance Use Team (FIRST)</u>
	<u>Hourglass Scotland</u> (Elder Abuse)	<u>Kingdom Abuse Survivors Project (KASP)</u>	<u>NHS Stop Smoking Service</u>	<u>Penumbra</u> - <u>Fife Self-Harm Project</u>
	<u>Safe Space</u> (1:1 counselling & group work)	<u>SupportED</u> (Eating Disorders - previously known as The Linda Tremble Foundation)	<u>Veteran's 1st Point</u> (Pathway stages - 1, 2 & 3)	<u>Clued Up</u> (Substance Use Support for 16 - 24s)
Carer Support	<u>Al-Anon Family Groups</u> Fife Email: area12.picoordinator@mail.com	<u>Change Mental Health</u> - <u>Fife Families Support Project</u>	<u>Circles Network</u> - (Advocacy for Carers)	<u>Fife Carers Centre</u>
	<u>Fife Young Carers</u>	<u>Home-Start East Fife (<5s)</u>	<u>Kindred</u>	

If you have additional information or would like to update us on any changes for this directory, please contact ewan@fva.org