

Fife Pathway to Wellbeing and Work – Feb 2022

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	2	3	4	5
Early engagement with a health service about mental health	Sustained relationship with mental health services	Building confidence, meaningful activity and routine	Looking for work	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 <i>supported</i> 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 need 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 safe.</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, not a system to push people through.

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During Covid, some of these agencies are able to provide telephone/email support only – please follow links for up-to-date information



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
Moodcafe , On Your Doorstep , Access Therapies Fife , 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) – Journey to Work Programme & Silverburn Park		
NCS Fife, Talk Matters	Express Group	Fife Gingerbread – Making it Work for Lone Parents		
GP Surgery	Fife Boomerang	SAMH - Going Forth, Evergreen, Growing Auchmuty	Fife Individual Placement & Support	
Allied Health Professionals	LINK – Adolescent Befriending	Re-Employ	Fair Start Scotland	
Out of Hours Service	Link Living – Various projects	Furniture Plus (work opportunities currently suspended)	Fife Council – Supported Employment Service https://www.facebook.com/FifeCouncilSES/	
Local Area Coordinators and Link Workers	Circles Network	Castle Furniture – Befriending - Glenrothes, Cupar		
Mental Health Triage Nurses	Support in Mind - Various projects	Fife Leisure Trust (Various projects)		
Community WELLS	Andy's Man Club	Mental Health & Wellbeing Football Pars Foundation - Dunfermline AFC		
	Collydean Community Centre	The Ecology Centre , Kinghorn		
	Fife H&SCP Community Mental Health Teams	Fife H&SCP Mental Health Occupational Therapy		
And many more		FVA – Supported Volunteering & Lived Experience Team		
	Wheatley Care - Contact Points (Kirkcaldy & Buckhaven) Email: talk@wheatley-care.com			
	Curnie Clubs			

Specialist provision follows on the next page

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

If you have additional information for this draft directory, please contact info@fva.org. Details of provision can also be found at On Your Doorstep - www.onyourdoorstepfife.org/