## 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.



Better than Well LinkLiving West Bridge Mill Bridge Street Kirkcaldy KY1 1TE

Tel 01592 644048

**Email** selfhelp@linkliving.org.uk **Website** www.linkliving.org.uk



















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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?

We get in touch with you to discuss our service and if supported self help is appropriate for your needs.

Once all sessions are complete, we notify your GP (and the agency if someone else referred you). The materials given to you are yours to keep to help maintain changes.

If there are other organisations you think might help, your Self Help Coach can attend with you for the first visit.

At your first session, your Self Help Coach will work with you to come to a shared understanding of current difficulties, and make a plan for your support.

To get the most from the service requires actively engaging with self help materials during and between sessions.

We notify your GP you're attending our service. This is so everyone involved in your care is kept informed

How can people access the service?

You can self refer, or we can receive a referral for you from an agency or healthcare professional. You can also get in touch with us to find out more

Email: selfhelp@linkliving.org.uk

Phone: 01592 644048

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