
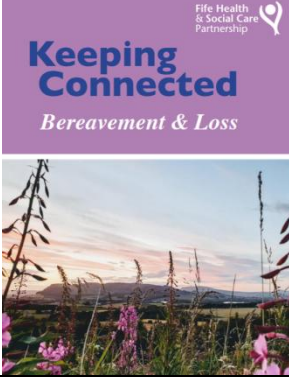













Date/Time/Platform	Post Content/Links	Images
<p>1st December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Stick to the Rules</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Decide on alternative ways to mark Christmas. Stick to the rules, remember restrictions are in place for the safety of everyone. By following the rules, we all contribute to a healthier society</p> <p>@mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>2nd December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Keeping Connected Bereavement & Loss</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Today marks the start of National Grief Awareness week. This leaflet provides emotional & practical support & signposts to services who can assist those experiencing bereavement http://hpac.fife.scot.nhs.uk</p> <p>@fifehscp@nhsfife@phfife</p>	
<p>3rd December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Kindness</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife With restrictions in place across Scotland, it is safe to assume this year's Christmas will be very different. Tips on how to celebrate: Focus on kindness & what you can do for others</p> <p>@mentalhealth@fifehscp@nhsfife@phfife</p>	




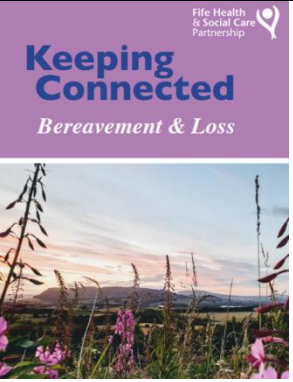
<p>4th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Over-Indulgence</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Coping with the disappointment that you may not be able to mark an occasion can be challenging. Be aware of overindulging - keep an eye on what you're drinking, eating and spending.</p> <p>@mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>5th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Access Therapies/MoodCafe (web based support)</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Christmas will be very different for us all this year which might feel overwhelming. For advice, resources & self help guides visit</p> <p>https://www.accesstherapiesfife.scot.nhs.uk/ http://www.moodcafe.co.uk/</p> <p>@fifehscp @nhsfife @phfife</p>	 
<p>6th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Take Time to be Grateful</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Try and enjoy the festivities as much as you can. Take time to be grateful - appreciate the joyful little moments. Reflecting on all you have to be grateful for can really lift your mood @mentalhealth@fifehscp@nhsfife@phfife</p>	




<p>7th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Keeping Connected Generic Leaflet</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Keeping Connected Fife provides info to help people access emotional & practical support & signposts to local/national services to help keep you connected within your community. http://hpac.fife.scot.nhs.uk @fifehscp@nhsfife@phfife</p>	
<p>8th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Gift Giving</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Concerns about finances & health can be heightened at Christmas. Gift giving: You don't need to overspend, consider doing something creative or thoughtful which doesnt cost money. @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>9th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Samaritans/Breathing Space (Telephone support)</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Christmas will be very different for us all this year which might feel overwhelming. Help is available 24 hours a day 7 days a week. You are not on your own www.samaritans.org https://breathingspace.scot/ @fifehscp @nhsfife @phfife</p>	




<p>10th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Celebrating with Children</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Protecting vulnerable family members from coronavirus may be the greatest gift you can give this year. Celebrating with children: Keep everyone connected through videocalls, phonecalls & letters @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>11th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Do Something Different</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Focusing on doing something good can boost your mental wellbeing. Do something different: let someone you know that you're thinking of them - send a digital card through social media or email @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>12th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Staying Safe, Keeping Well Leaflet</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Staying Safe, Keeping Well at Christmas is a resource which provides practical help & advice & can help you find the right services to help you with your situation. To download a copy visit www.fife.gov.uk @fifehscp@nhsfife@phfife</p>	


<p>13th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Maintaining Traditions</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Don't feel pressure to create the perfect Christmas. Maintaining traditions like decorating your home can create a sense of normality, choose whats important to you @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>14th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Be There for each other</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife We will have to be more creative in how we celebrate. Be there for each other: have conversations with family & friends about how you're feeling, listen to how others are coping. @mentalhealth @fifehscp@nhsfife@phfife</p>	
<p>15th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Stick to the Rules</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Decide on alternative ways to mark Christmas. Stick to the rules, remember restrictions are in place for the safety of everyone. By following the rules, we all contribute to a healthier society @mentalhealth@fifehscp@nhsfife@phfife</p>	

<p>16th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Keeping Connected Generic Leaflet</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Keeping Connected Fife provides info to help people access emotional & practical support & signposts to local/national services to help keep you connected within your community. http://hpac.fife.scot.nhs.uk @fifehscp@nhsfife@phfife</p>	
<p>17th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Kindness</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife With restrictions in place across Scotland, it is safe to assume this year's Christmas will be very different. Tips on how to celebrate: Focus on kindness & what you can do for others @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>18th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter</p> <p>@Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Over-Indulgence</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Coping with the disappointment that you may not be able to mark an occasion can be challenging. Be aware of overindulging - keep an eye on what you're drinking, eating and spending. @mentalhealth@fifehscp@nhsfife@phfife</p>	

<p>19th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Access Therpaies/MoodCafe (web based support)</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Christmas will be very different for us all this year which might feel overwhelming. For advice, resources & self help guides visit https://www.accesstherapiesfife.scot.nhs.uk/ http://www.moodcafe.co.uk/ @fifehscp @nhsfife @phfife</p>	 
<p>20th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Take Time to be Grateful</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Try and enjoy the festivities as much as you can. Take time to be grateful - appreciate the joyful little moments. Reflecting on all you have to be grateful for can really lift your mood @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>21st December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Keeping Connected Bereavement Leaflet</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Christmas can be difficult when we have lost a loved one. This leaflet provides emotional & practical support & signposts to services who can assist those experiencing bereavement http://hpac.fife.scot.nhs.uk @fifehscp@nhsfife@phfife</p>	

<p>22nd December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Gift Giving</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Concerns about finances & health can be heightened at Christmas. Gift giving: You don't need to overspend, consider doing something creative or thoughtful which doesn't cost money. @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>23rd December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Samaritans/Breathing Space (telephone support)</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Christmas will be very different for us all this year which might feel overwhelming. Help is available 24 hours a day 7 days a week. You are not on your own www.samaritans.org https://breathingspace.scot/ @fifehscp @nhsfife @phfife</p>	
<p>24th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Celebrate with Children</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Protecting vulnerable family members from coronavirus may be the greatest gift you can give this year. Celebrating with children: Keep everyone connected through videocalls, phonecalls & letters @mentalhealth@fifehscp@nhsfife@phfife</p>	

<p>25th December</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Gift Yourself the 5 tips of Wellbeing</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Give yourself the gift of self-care this year. Follow our 5 ways to wellbeing to look after your mental, emotional & physical health:</p> <p>Be Active Learn Take Notice Give Connect</p> <p>https://tinyurl.com/y3zosncc @fifehscp@nhsfife@phfife</p>	
<p>26th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Do Something Different</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Focusing on doing something good can boost your mental wellbeing. Do something different: let someone you know that you're thinking of them - send a digital card through social media or email</p> <p>@mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>27th December 10:00</p> <p>@FifeHpservice Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: Staying Safe, Keeping Well Leaflet</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Staying Safe, Keeping Well at Christmas is a resource which provides practical help & advice & can help you find the right services to help you with your situation. To download a copy visit www.fife.gov.uk</p> <p>@fifehscp@nhsfife@phfife</p>	

<p>28th December 10:00</p> <p>@FifeHpService Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Maintaining Traditions</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife Don't feel pressure to create the perfect Christmas. Maintaining traditions like decorating your home can create a sense of normality, choose what's important to you @mentalhealth@fifehscp@nhsfife@phfife</p>	
<p>29th December 10:00</p> <p>@FifeHpService Twitter @hwlfife Twitter @Workplace Team LinkedIn FHSCP Facebook</p>	<p>Subject: MHF Be There for each other</p> <p>#YoureNotOnYourOwn #EveryLifeMattersInFife We will have to be more creative in how we celebrate. Be there for each other: have conversations with family & friends about how you're feeling, listen to how others are coping. @mentalhealth @fifehscp@nhsfife@phfife</p>	