

THE SPACE

Going Forth is situated in lovely grounds where we have mindfulness areas, wild garden and fruit and veg plots. This is a garden project which runs from the grounds. Please feel free to make use of the space when attending Going forth.



THE SERVICE



**Does this sound beneficial to you?
please get in touch**

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Free well-being workshops for
people living in Fife



WHO ARE WE?

Around since 1923, **SAMH** is Scotland's national mental health charity. Today, we operate in communities across Scotland, providing mental health social care support.

Going Forth is a well established SAMH service based in Dunfermline. We deliver workshops from Going Forth and in communities across Fife.

'To Flourish in Life' (T.F.L) are new, updated workshops based on SAMH Tools for Living Programme. It supports people to manage their mental health and well-being. T.F.L is delivered in a group setting.

The groups are small and held in a welcoming, informal space. There is a different topic each week and you can contribute to discussions as much or as little as suits you. We understand it can be difficult to come in to a group however we aim to make this as comfortable for you as possible.



WHAT CAN YOU EXPECT FROM GOING FORTH?

- Before the group starts you will have a chat with one of the team on a 1-1 basis to look at the ways the workshops can benefit you.
- The opportunity to explore mental health and well-being
- Support and encouragement to develop coping strategies to help you manage your mental health.
- At the end of T.F.L we can look at your next steps, if you would find this helpful.



WHAT DO PEOPLE SAY ABOUT T.F.L?

- *"This service is where everything positive started in my life"*
- *"Helped with my Mental Health and confidence"*
- *"Staff are friendly and easy to talk to"*
- *"A safe place to go"*
- *"The staff treat you with respect and make you feel at ease"*
- *" You have given me the tools to try deal with my mental health. This has been life changing."*

