



# Guided Self-Help Service

Patient Information Leaflet

**Struggling to manage day to day life?**

**Looking for further support and guidance?**

**Experiencing difficulties like low mood,  
anxiety, stress or anger?**

**Learn more about how the Guided Self-Help  
Service could help...**

Contact your GP or self-refer at [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

# About: The Guided Self-Help Service

**The Guided Self-Help Service is a confidential service that offers support and advice on how to deal with problems that you may be facing.**

Due to the ongoing restrictions due to Covid-19, we are not able to offer face to face appointments at this time, so appointments will be arranged via Near Me. This is a confidential and secure NHS video consultation service.

**It is not a counselling service.**

**If you wish to access only counselling then the following services may be right for you:**

**Talk Matters: 01383 626064**

**Charis Foundation: 01592 744632**

## Is the Guided Self-Help Service the right service for me?

**Are you experiencing difficulties with one or more of the following?**

<b>Anxiety</b>	<b>Low self-esteem</b>	<b>Stress</b>
<b>Low mood</b>	<b>Being assertive</b>	<b>Worry</b>
<b>Sleep problems</b>	<b>Panic</b>	<b>Anger</b>

**Are you motivated to:**

- **Identify what might be contributing to your current problems?**
- **Learn about what keeps problems going?**
- **Learn how to manage your difficulties and develop new ways of coping?**
- **Find out more about support services in your local area?**

**Then the Guided Self-Help Service may be right for you.**

# Frequently Asked Questions

## Can I have a Face-to-Face appointment?

Unfortunately, due to Covid-19, we are not able to offer this service currently, but we are able to offer appointments via NearMe or telephone.

## What is NearMe and what if I am not able to use this?

NearMe requires a good internet connection, computer, laptop, tablet or smartphone. If you do not have access to a suitable device or would prefer a telephone appointment then we are happy to offer appointments over the phone.

## What will happen at my first appointment?

Prior to your first appointment, you will be sent some questionnaires to complete. Please complete them before the appointment so they can be discussed during the call, which will help us to help you.

The Guided Self-Help Psychology Assistants will talk through your problems with you and:

- Help you understand your problems.
- Help you develop a plan of action.
- Give you advice and information to take away.
- Point you in the right direction of people who can help you.
- If appropriate, a further appointment will be arranged.

## Will everything I say be confidential?

The Guided Self-Help Psychology Assistants are members of the NHS Fife Psychology Department and are bound by NHS rules of professional conduct and confidentiality.

## What if I can't make my appointment?

If you cannot attend an appointment, please contact us to arrange a new appointment as soon as possible:

*Phone:* 01334 696336

# Useful Contacts

If you have any questions about the Guided Self-Help Service then please do not hesitate to contact us:

Email: [Fife.guidedselfhelp@nhs.scot](mailto:Fife.guidedselfhelp@nhs.scot)  
Telephone: 01334 696336

NHS Fife Psychology Department  
Stratheden Hospital  
Cupar KY15 5RR

You may also find the following organisations useful:

<b>Better than Well</b> 01592 644048	<b>Moodcafe</b> (self help website) <a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a>
<b>Breathing Space</b> 0800 838587 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>	<b>NHS 24</b> 111
<b>Cruse Bereavement Care</b> 0845 600 2227 <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>	<b>Relationship Scotland</b> 0345 119 2020/01592 597444 <a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>
<b>Drugs, Alcohol &amp; Psychotherapies (DAPL)</b> 01333 422277 <a href="http://www.dapl.net">www.dapl.net</a>	<b>Samaritans</b> 116 123 (free from mobiles)
<b>Fife Alcohol Support Service (FASS)</b> 01592 206200 <a href="http://www.fassaction.org.uk">www.fassaction.org.uk</a>	<b>Scottish Domestic Abuse helpline</b> 0800 027 1234
<b>Kingdom Abuse Survivor Project (KASP)</b> 01592 644217 <a href="http://www.kasp.org.uk">www.kasp.org.uk</a>	<b>Victim Support (Fife)</b> 01592 807090 <a href="http://www.victimsupportsco.org.uk">www.victimsupportsco.org.uk</a>