

LINK LIFE FIFE

Fife Health
& Social Care
Partnership



Improving Mental Health

If you require further information about the project,
please contact

Louise Andree

Local Area Co-ordinator

Mob: 07738712623

Email: louise.andree@fife.gov.uk

Angela Rivers

Local Area Co-ordinator

Mob: 07849310193

Email: angela.rivers@fife.gov.uk

Fife Council and NHS Fife are supporting the people of Fife together through
Fife's Health and Social Care Partnership
www.fifehealthandsocialcare.org

If you require this information in a community language or alternative format e.g. Braille, easy read,
audio please contact the Equality and Diversity Department at:
fife-UHB.EqualityandHumanRights@nhs.net or phone 01383565142



Link Life Fife recognises that many things can impact on mental health and general wellbeing. If you and your GP or nurse feel that you could benefit from support, they may offer you the opportunity to meet a local Community Connector. We support people to better understand individually what is causing personal stress and help people to respond most effectively through our Community Connector Project.

What does a Community Connector do?

The Community Connector will listen and support you with any decision you make, help you identify areas that you feel ready to work on and offer practical support and guidance to make the necessary changes to improve your mental health and general wellbeing.



Who is this project for?

Anyone in Fife, age 18 or over, who is reaching out to their GP or other health professional for support to manage stress, anxiety or feelings of being overwhelmed that are affecting their mental health and general wellbeing.

This is a free and confidential community-based service

What happens next?

If you feel this project is right for you, your GP or nurse will make a referral on your behalf to the Community Connector in your area. The Community Connector will contact you within 7 working days to introduce themselves and discuss the project.

