



Wellbeing in Fife

Your Wellbeing in Fife team are here to support young people aged 5-26 years old with their mental and emotional wellbeing. We do this by providing groupwork, short term 121 and outreach within the community.

We also support parents/carers on how to support their children with their mental and emotional wellbeing. The types of groups being delivered could include the following or a bespoke group developed for you/your group.

Introduction to Mental Health

Anxiety

Stress

Decider Skills for Emotional Regulation

Body Image

Self-harm

Solihull for Parents & Carers

Confidence

Self-Esteem

Low Mood

Seasons for Growth

5 Ways to Wellbeing

Building Resilience & Coping Strategies

