

What is the includem wellbeing service

Includem's new Wellbeing in Fife service offers a range of support to children, young people and their families by linking them to appropriate services and resources. We are committed to ensuring that the identified supports are the right service, at the right time and available in the right way to positively offer you the support you need.

How we can support

We will help you to identifying appropriate resources and services available in your area to support you and/or your child's wellbeing. If you need a little extra help to reach out, we can offer 1:1 support to do this.

This service also offers community groupwork sessions in areas such as reducing anxiety, building confidence and self-resilience, supporting your child with their mental health and the Solihull Approach to Parenting.

When we are available

Our service is available 7 days a week during the hours of 8am-10pm.

Our enquiries line allows you to leave a voicemail with your basic details. A **co-ordinator will contact you to complete the enquiry** and gather key information from you to agree what steps/support is required.

Where Are We?

Support can be accessed if you live in:

**Dunfermline
and
South West Fife**

Please get in touch

Enquiries can be made via our freephone telephone number on:

0800 037 1069

The enquiry line is operational between 8am-10pm, 7 days a week.
A voicemail service will allow a message to be left and will be responded to by one of the area co-ordinators.