

# KEEPING CONNECTED



**We are a short term, community based support, focusing on mental health and wellbeing for S1 to S6 aged young people, covering all of Fife.**

We provide early intervention and prevention support to young people:

- Who are enrolled in a Fife Secondary School.
- Have become significantly withdrawn in the last 6 months.
- Are prevented from engaging in their usual daily routines due to their mental health.
- Whose attendance at school has been significantly impacted.

## OUR SUPPORT

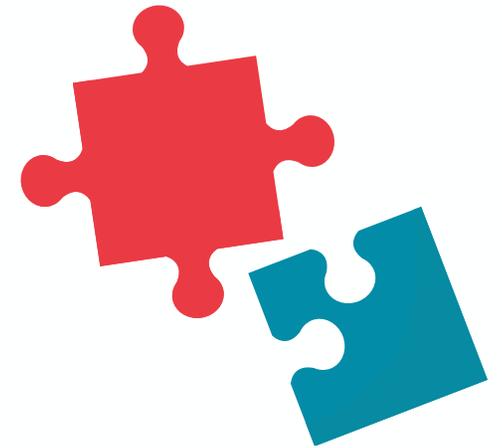
Through 1-1 support, Keeping Connected will:

- Improve participation and engagement and attendance in universal supports.
- Provide advice to parents, carers or family members on how to support their young person to work towards their desired goals.
- Improve resilience and personal capacity to use self-help strategies to manage their emotional regulation.
- Increase engagement in alternative accredited qualifications for young people.

**FIND OUT  
MORE ABOUT  
OUR SUPPORT**



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SUPPORTING YOUNG PEOPLE ACROSS  
FIFE WITH THEIR MENTAL HEALTH

Contact us today:  
[referrals.keepingconnectedfife@includem.co.uk](mailto:referrals.keepingconnectedfife@includem.co.uk)

[includem.org/keeping-connected](http://includem.org/keeping-connected)

**Find out more about  
this service inside!**



# KEEPING CONNECTED HOW WE CAN HELP!

includem

minds  
matter

