

Anger

Worry

Panic

Low Mood

Low
self-esteem

Sleep
problems

Anxiety

Stress



When life starts to feel overcast – it's okay to ask for help
Get in touch with the Guided Self-Help Service

We can help you to:

Learn skills to manage your difficulties

Develop strategies to deal with future
problems

Feel empowered to achieve your goals

To find out more, please go to:

[Accesstherapiesfife.nhs.scot.uk](https://www.accesstherapiesfife.nhs.scot.uk)



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Free

Confidential

Here for you