

## Help for Common Psychological Problems

### This month we are highlighting... **Veterans F1rst Point**

**Veterans F1rst Point is a new service designed by veterans for veterans living in Fife...**

Veterans F1rst Point is a free, one-stop-shop for veterans.

The V1P team combine personal experience of military life and the ability to help meet the welfare and mental health needs of veterans.

Anyone who has served for one day in the military or reserves is a veteran, and is eligible to use the service.

Come along to one of our V1P community drop-ins based in Cupar, Kirkcaldy and Dunfermline. No appointment is necessary.

For further information:

Email: [fife-UHB.VeteransFirstPoint@nhs.net](mailto:fife-UHB.VeteransFirstPoint@nhs.net) Phone: 07770 730268



### Moodcafé News

Step on Stress has arrived in North East Fife. These stress management classes are now running in Kirkcaldy, Dunfermline, Glenrothes, Cupar, St Andrews and Lochgelly, in August and September. Check out Moodcafé Newsfeed for more info and to book onto a course.



For further information:

Email: [fife-UHB.SteponStress@nhs.net](mailto:fife-UHB.SteponStress@nhs.net) Phone and leave a message on: 01383 565442

Moodcafé is a website, run by NHS Fife Psychology Department. It contains information and resources relevant to various common psychological problems. *If the mood takes you, why not check out our resources, browse the self help guides and visit recommended websites.*



**Help yourself at  
[moodcafe.co.uk](http://moodcafe.co.uk)**

