



Link Life Fife

Improving mental health

Link Life Fife is a community support service for anyone in Fife who may benefit from additional support to manage stress, anxiety, or feelings of being overwhelmed that are affecting their mental health or general wellbeing.

If you're 18 or over, speak to your GP, nurse or other health professional, who can refer you to Link Life Fife.

For more information visit:
www.fifehealthandsocialcare.org/LLF

