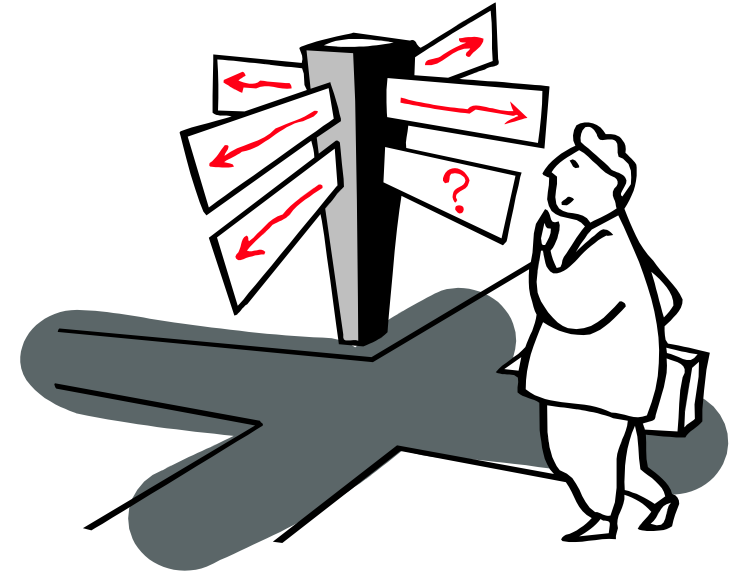


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# ACTS

Stirling Integrated Community Mental Health Services.

Livilands Resource Centre.  
Stirling Community Hospital.

Livilands Gate.  
Stirling  
FK8 2AU

Tel: 01786 446913

Referral Criteria:

In order to be referred to the ELF group individuals must be under the care of a consultant psychiatrist.

The Employment or 'ELF' group is aimed at helping group members to gain a clearer understanding of the issues surrounding employment and why activity is an important part of our life. Information will be given on volunteering, accessing employment, further education and other services which may help increase activity levels and give purpose to the day. It will also include discussion around why routine and activity are important to us and how they impact on our mental health.

The group will be run in partnership with Stirling Council's Employability service. There will also be guest speakers from the Open Door Project, Citizens Advice etc. to give you the

most up-to-date information on their services.

### Group Structure

- This will be in the format of a small group setting with other people who have similar issues.
- There will be eight sessions running over eight consecutive weeks.
- Each session will last approximately 2 hours.
- It will be held in Stirling Mental Health Resource Centre for the most part. The last two sessions will be held at the Raploch Community Campus.
- There will be some small homework tasks.