

**NHS Fife**

**Clinical Psychology**

**Adult Learning Disabilities Service**



**What do Psychologists do?**

# Psychologists can help you with your feelings.



Feeling worried



Feeling sad



Feeling scared



Feeling angry

# Psychologists can also help with



Memory or  
thinking problems



Working out  
what you want  
and need.



Relationship  
problems

# Psychologists can work in different ways



Sometimes we work with you



Sometimes we work with the people who support you



We might only see you one time



We might see you lots of times

# Psychologists work in different places



At a hospital or clinic



At your home



At a day centre

**If you want to know more, contact us at:**



Clinical Psychology  
Department

Lynebank Hospital

Halbeath Road

Dunfermline

KY11 8JH



**Phone:** 01383 565210

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