



Keeping Connected *Fife*

Emergency & Crisis Numbers

Samaritans

116 123 (24 hours)

www.samaritans.org

Email: jo@samaritans.org

Breathing Space

0800 83 85 87

www.breathingspace.scot

NHS24 111

www.nhs24.scot

Fife Council Social Work

Out of Hours 03451 550099

Fife SHOUT Service

www.nhsfife.org/shout

Text 'FIFE' to 85258

Free confidential support, 24/7



In an emergency call 999

This leaflet provides a directory of services which offer help and support on a range of issues.

Addictions

Fife Alcohol and Drug Partnership

01592 321321

www.fifeadp.org.uk

We Are With You

www.wearewithyou.org.uk

Alcoholics Anonymous

Meetings in Fife: 0800 917 7650 (24 hours)

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Fife>

Email: help@aamail.org

Drugs, Alcohol & Psychotherapies Limited (DAPL)

01333 422277 www.dapl.net

Fife Alcohol Support Service (FAAS)

01592 206200 www.fassaction.org.uk

Fife Intensive Rehabilitation & Substance Misuse Team (FIRST)

01592 585960 www.firstforfife.co.uk

Gamblers Anonymous Scotland

24 hour helpline 0370 050 8881

www.gascotland.org

Stop Smoking Services

NHS Fife - 0800 025 3000

Email: fife.smokingcessation@nhs.scot

Scottish Families Affected by Alcohol and Drugs Fife Project

08080 101011

<http://www.sfad.org.uk/>

Talk to Frank

0300 123 6600

www.talktofrank.com

Adult Protection

Fife Adult Protection

01383 602200 www.fife.gov.uk/adultprotection

Hourglass - Safer Aging Stopping Abuse

0808 808 8141 www.wearehourglass.scot/scotland



Advocacy

Fife Advocacy Forum

01592 786729 www.fifeadvocacyforum.org.uk

Circles Network Fife

Kirkcaldy 01592 645360 Lochgelly 01592 786729
www.circlesnetwork.org.uk

Fife Forum

01592 643743 www.fifeforum.org.uk/

Domestic Abuse

Fife Women's Aid

0808 802 5555 (24 hours) www.fifewomensaid.org.uk

Men's Domestic Abuse Advice Line

0808 801 0327 www.mensadvice.org.uk

Scottish Domestic Abuse & Forced Marriage Helpline

0800 027 1234 (24 hours) www.sdafmh.org.uk

Bereavement & Loss

Compassionate Friends

0345 123 2304 www.tcf.org.uk

Cruse Bereavement Care Scotland

0808 802 6161 www.crusescotland.org.uk

Petal Support Limited

01698 324502 www.petalsupport.com

Eating Disorders

B-eat

0808 801 0432 www.beateatingdisorders.org.uk

Supported Scotland

07716 639067

<https://supportedscotland.org/>

Email: hello@supportedscotland.org

Employment

Fife Employment Access Trust (FEAT)

01592 759371

www.fifeemploymentaccesstrust.com

Job Centre Plus

New claims: 0800 0556688 Text: 0800 0234888

Existing claims: www.gov.uk/contact-jobcentre-plus

Opportunities Fife

www.opportunitiesfife.org

General & Money Advice

Citizens Advice and Rights Fife (CARF)

Free independent, confidential and general advice:

0345 1400 095 www.cabfife.org.uk

Debt & money advice: 0345 1400 094

Welfare advice: 0345 1400 092

Universal Credit: 0800 023 2581

Mental Health Money Advice

www.mentalhealthandmoneyadvice.org/scot

Our Fife

<https://our.fife.scot/gethelp>

Families

Fife Befriending Service

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults/living-independently-at-home/fife-befriending-service>

Fife Carers Centre

01592 205472 www.fifecarerscentre.org

Fife Community Mediation Service

01592 641618 (Fife Community Safety Support Service)

info@sacro.org.uk www.sacro.org.uk

Foodbanks and Community Cafes

www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/food-banks

Parent Club

www.parentclub.scot

Care Information Scotland

0800 011 3200 www.careinfoscotland.scot

Carers UK Scotland

0808 808 7777 www.carersuk.org/scotland

The Silver Line

0800 4 70 80 90 (24 hours) www.thesilverline.org.uk



Health & Social Care

Fife Council

Social Work Enquiries: 03451 55 15 03

www.fife.gov.uk/kb/social-care

NHS Fife

www.nhsfife.org/services/know-who-to-turn-to/

Macmillan service

0808 808 0000 www.macmillan.org.uk

Improving Your Cancer Journey

03451 551 500

Email: Improving.Cancerjourney@fife.gov.uk

Defence Medical Welfare Service

Helpline: 0800 999 3697

Dunfermline 07730 219571

Kirkcaldy 07377 722642

www.dmws.org.uk

NHS Inform

0800 22 44 88 www.nhsinform.scot

On Your Doorstep Fife

www.onyourdoorstepfife.org

The Well

www.fifehealthandsocialcare.org/your-community/the-well

Mental Health & Wellbeing

Access Therapies Fife

www.accesstherapiesfife.scot.nhs.uk

Moodcafe

www.moodcafe.co.uk

Contact Point Day Resource Centres

(Barony) Kirkcaldy & Buckhaven 0345 140 7777

www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy

Express Group (Fife) Ltd

Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly, Methil, St Andrews & Tayport

01592 654331 www.expressgroupfife.org.uk

Fife Boomerang Association

Service to those experiencing mental health problems.

01592 775650

Men's Shed

<https://scottishmsa.org.uk/>

SDS Options (Fife)

Self directed support information and advice.

01592 803280 www.sdsoptionsfife.org.uk

Better than Well

Free 1-1 Self Help sessions 01592 644048

<https://www.linkliving.org.uk/betterthanwell/>

Change Mental Health

<https://changemh.org/>

Email: fifeservices@changemh.org

Information and Support Line 01333 841304

Richmond Fellowship Scotland

01592 774967 North East Fife 01334 657517

<https://www.trfs.org.uk/>

Fife Self-harm Project (age 18+)

01383 747 788

www.penumbra.org.uk/service-locations/

Our Minds Matter

www.fife.gov.uk/ourmindsmatter/

<https://wakelet.com/wake/>

Mind to Mind

www.nhsinform.scot/mindtomind

Women in Mind

Email: womeninmindfife@gmail.com

<http://www.stniniansdunfermline.org/women-in-mind.html>

Housing

Disabled Persons Housing Service (Fife)

01592 803280 www.dphsfife.org.uk

enquiries@dphsfife.org.uk

Frontline Fife Housing Advice

01592 800430 www.frontlinefife.co.uk

Trust in Fife

01592 646677 www.trustinfife.org.uk

LGBT Issues

LGBT Health & Wellbeing

0800 464 7000 www.lgbthealth.org.uk

LGBT Youth Scotland

0131 555 3940 www.lgbtyouth.org.uk

Suicide Prevention

Brothers in Arms

www.brothersinarmsscotland.co.uk

SAMH (Scottish Action for Mental Health) Sam's Fife

Drop-in mental health support available at locations across Fife. One-to-one peer support with mental health issues, crisis and suicidal thoughts.

www.samsafe.org.uk

www.samh.org.uk

Andy's Man Club

Dunfermline North, Dunfermline South, Glenrothes, Kirkcaldy, Methil & St Andrews

www.andysmanclub.co.uk

Trauma & Abuse

Fife Rape and Sexual Assault Centre (FRASAC)

01592 642336 www.frasac.org.uk

Kingdom Abuse Survivors Project (KASP)

01592 644217 www.kasp.org.uk

Rape Crisis National Helpline

08088 01 03 02 www.rapecrisisscotland.org.uk

Safe Space

01383 739084 www.safe-space.co.uk

Trauma Counselling Line Scotland

08088 020406

www.health-in-mind.org.uk

Community-based Information

On your doorstep

www.onyourdoorstepfife.org/

The Well

www.fifehealthandsocialcare.org/your-community-the-well



NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.EqualityandHumanRights@nhs.scot
or phone 01592 729130.

Inclusion in this leaflet does not imply endorsement by Fife Health & Social Care Partnership.

We review our resources frequently to ensure information is accurate and up to date.

If you experience any difficulties with the content please get in touch:
fife.infocentre@nhs.scot

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