



Keeping Connected *Fife*

Emergency & Crisis Numbers

Samaritans

116 123 (24 hours)
www.samaritans.org
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



In an emergency call 999

#EveryLifeMattersInFife

Addictions

Fife Alcohol and Drug Partnership

03451 555555 ext 446153

www.fifeadp.org.uk

We Are With You

www.wearewithyou.org.uk

Alcoholics Anonymous

Meetings in Fife: 0800 917 7650

(24 hours) Local: 0131 225 2727

(24 hours) www.aafife.net

Drugs, Alcohol & Psychotherapies Limited

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

Meetings in Fife: 0370 050 8881 (24 hours)

www.gascotland.org

Know the Score

Information about drugs: 0333 230 9468

www.knowthescore.info

Stop Smoking Services

Quit Your Way with our support

NHS Fife - 0800 025 3000

fife-uhb.smokingcessation@nhs.net

Adult Protection

Fife Adult Protection

01383 602200 www.fifedirect.org.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

01592 645 360 or 01383 732822

www.circlesnetwork.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

Support following the death of a child.

0345 123 2304 www.tcf.org.uk

Cruse Bereavement Care Scotland

0845 600 2227 www.crusescotland.org.uk

Curly Star Dream Foundation

01383 610007 www.curlystar.org

Petal Support Limited

01698 324502 www.petalsupport.com

Eating Disorders

B-eat

0808 801 0677 www.beateatingdisorders.org.uk

Linda Tremble Foundation (Fife)

www.lindatremblefoundation.org.uk

Employment

Fife Employment Access Trust (FEAT)

Employment service assisting those with mental health issues

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

Families

Fife Carers Centre

01592 205472 www.fifecarerscentre.org

Fife Community Mediation Service

01592 641618 www.sacro.org.uk



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

Free confidential helpline for older people

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

Health & Social Care

Fife Council

www.fifedirect.org.uk

Social Work Enquiries: 03451 55 15 03

NHS Fife

www.nhsfife.org/knowwhototurnto

Macmillan service

For people affected by a cancer diagnosis.

0808 808 0000 www.macmillan.org.uk

Defence Medical Welfare Service

Dunfermline 07730219571

Kirkcaldy 07707377722642

www.dmws.org.uk

NHS Inform

0800 22 44 88 www.nhsinform.scot

On Your Doorstep Fife

Health & wellbeing community support

www.onyourdoorstepfife.org

Mental Health & Wellbeing

Access Therapies Fife

www.accesstherapiesfife.scot.nhs.uk

Moodcafe

Information and resources promoting mental health for all ages. www.moodcafe.co.uk

Contact Point Day Resource Centres

(Barony) Kirkcaldy & Buckhaven 0345 140 7777
www.baronyha.org.uk/care-and-support/contact-point/contact-point-fife

Express Group (Fife) Ltd

Cupar, Dunfermline, Glenrothes, Inverkeithing,
Kirkcaldy, Lochgelly, & St Andrews
01592 645331 www.expressgroupfife.org.uk

Fife Boomerang Association

Service to those experiencing mental health problems.
01592 775650

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

Support in Mind Scotland

Fife Services 0131 662 4359
www.supportinmindscotland.org.uk/fife-services

Richmond Fellowship Scotland

01592 774967 www.trfs.org.uk

Fife Self-harm Project (age 18+)

01383 747 788
www.penumbra.org.uk/service-locations/

Housing

Disabled Persons Housing Service (Fife)

01592 803280 www.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

0300 123 2523 www.lgbthealth.org.uk

LGBT Youth Scotland

0131 555 3940 www.lgbtyouth.org.uk

Suicide Prevention

Brothers in Arms

www.brothersinarmsscotland.co.uk

SAMs Café

Kirkcaldy & Dunfermline

07971892886 - 07725214012 www.samscafe.org.uk

Andy's Man Club

Dunfermline, Glenrothes & 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

<https://www.health-in-mind.org.uk/services/d1/?filter1=other-areas>



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-UHB.EqualityandHumanRights@nhs.net
or phone 01592 729130.

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-uhb.infocentre@nhs.net

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