Keeping Connected Fife

This leaflet aims to provide information to help you access emotional and practical support and signpost you to local and national services which can offer extra help to you keep connected within your community.

Addictions

Fife Alcohol and Drug Partnership (ADP) online service directory
www.fifedirect.org.uk/fifeadp

ADP support team
☎ 03451 55 55 55 ext 44 61 53
✉ Alcohol.DrugInfo@fife.gov.uk

Al-Anon Family Groups
Support for families and friends of problem drinkers - local meetings in Fife
☎ 020 7403 0888 (10am - 10pm)
✉ www.al-anonuk.org.uk

Alcoholics Anonymous
☎ 0131 225 2727 (24/7)
✉ www.aa-gb.org.uk/eastscotland/fife/

Drinkline
☎ 0800 7 314 314 (8am to 11pm)
✉ www.drinksmarter.org

Gamblers Anonymous Scotland
☎ 0370 050 8881 (24/7)
✉ www.gascotland.org

Know the Score
Information about drugs.
☎ 0800 587 587 9 (8am to 11pm)
✉ knowthescore.info

Adult Protection

Fife Adult Protection
☎ 01383 602200
✉ www.fifedirect.org.uk/adultprotection

Bereavement & Loss

Cruse Bereavement Care Scotland
☎ 0845 600 2227
✉ fife@crusescotland.org.uk

Survivors of Bereavement by Suicide
☎ 0844 561 6855 (9am to 9pm)
✉ www.uk-sobs.org.uk

Domestic Abuse

Fife Women's Aid
☎ 0808 802 5555
✉ info@fifewomensaid.org.uk
✉ www.fifewomensaid.org.uk

Men's Domestic Abuse Advice Line
☎ 0808 801 0327
✉ info@mensadviceline.org.uk
✉ www.mensadviceline.org.uk

Scottish Domestic Abuse Helpline
☎ 0800 027 1234
✉ www.scottishdomesticabusehelpline.org.uk

Employment

Fife Council EmployAbility Team
☎ 03451 55 55 55 ext 444815

Fife Employment Access Trust (FEAT)
Employment service to assist people with mental health problems
☎ 01592 759371
✉ feat@journeytowork.co.uk
✉ www.f-e-a-t.co.uk

Out of Hours Services

Fife Council Social Work Out of Hours
☎ 03451 550099

Mental Health Services
Out of Hours
Accessed through NHS 24

NHS24
For advice and help when the GP surgery is closed
☎ 111 or 08454 24 24 24
✉ www.nhs24.com

Samaritans (24/7)
☎ 08457 90 90 90
TXT: 08457 90 91 92
✉ jo@samaritans.org
✉ www.samaritans.org

Breathing Space
☎ 0800 83 85 87
(M to Th 6pm-2am; 8pm to 6am M)
✉ www.breathingspacescotland.co.uk
BSL service also available – see website for details

Advocacy

Circles Network Fife
☎ 01592 753383 or 01592 753168
✉ info.fife@circlesnetwork.org.uk
✉ www.circlesnetwork.org.uk

Families & Neighbours

Fife Carers Centre
☎ 01592 642999
✉ centre@fifeconnect.co.uk
✉ www.fifeconnect.co.uk

Fife Community Mediation Service
☎ 01592 641618
✉ info@fifecm.sacro.org.uk
✉ www.sacro.org.uk

Carers UK
☎ 0808 808 7777 (M-F 10am – 4pm)
✉ advice@carersuk.org
✉ www.carersuk.org

choose life
The national strategy and action plan to prevent suicide in Scotland

IN AN EMERGENCY - DIAL 999
General & Money Advice
Citizens Advice and Rights Fife (CARF)
Free, independent, confidential advice.
Offices in Cowdenbeath, Cupar, Dunfermline, Glenrothes, Kirkcaldy, Leven and St Andrews. Outreach clinic in Buckhaven
General Advice 03451 400 095
(M-F 8.30am – 4.00pm)
Debt Advice 03451 400 094
(M-F 9.30am – 4.00pm)
www.carfweb.org
Welfare benefit advice 03451 400 092

Health & Social Services
Fife Council
www.fidedirect.org.uk
Social Work Enquiries
01383 441177
Living with My Condition
NHS Fife website for those with a condition having a long-term impact on their lives
www.livingwithmycondition.org.uk

LGBT Issues
LGBT Youth Scotland
0131 355 3940
info@lgbtyouth.org.uk
www.lgbtyouth.org.uk
Terrence Higgins Trust
0808 802 1221 (M-F 10am to 8pm)
www.tht.org.uk

Mental Wellbeing
Contact Point Day Resource Centres (Barony Housing Assoc.)
Kirkcaldy & Buckhaven
0845 140 7777
www.baronyha.org.uk/kirkcaldy-contact-point.html
ENERGI - East Neuk & Levenmouth
01333 730477
energirecovery@btconnect.com
www.energi.org.uk
Express Group Fife (Ltd)
Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly, & St Andrews
01592 652975
info@expressgroup.fsnet.co.uk
www.expressgroupfife.org.uk

Self-harm
Fife Self-harm Project (18+)
01383 747 788
east@penumbra.org.uk
Fife Youth Project (ages 12 to 21)
01592 201 872
fifeyp@penumbra.org.uk
www.penumbra.org.uk

Sexual Abuse
Fife Rape and Sexual Assault Centre (FRASAC)
01592 642336 (M-F 9am to 4pm)
www.frasac.org.uk
In Care Survivors Service Scotland
0800 121 6027 (M-F 9am - 11am)
lorna@incaresurvivors.org.uk
www.incaresurvivors.org.uk

Mental Wellbeing cntd
Friends in Need
Online and offline community designed to end the loneliness associated with depression operated by Depression Alliance
friendsinneed.co.uk
Moodcafe
Information and resources about common psychological problems
www.moodcafe.co.uk
NHS Living Life
CBT and guided self-help service for mild to moderate depression and anxiety available by phone on
0800 328 9655 from 1pm to 9pm Monday to Friday

The Silver Line
0845 767 8000 (6pm to 11pm)
www.thesilverline.org.uk
Saneline
0845 767 8000 (6pm to 11pm)
Scottish Association for Mental Health (SAMH)
0800 9173466 (M-F 2pm to 4pm)
info@samh.org.uk
www.samh.org.uk
Scottish Recovery Network
www.scottishrecovery.net
Support in Mind Scotland
Fife Hearing Voices Network
01592 267771
fhvn@supportinmindscotland.org.uk
Fife Families Support Project
01592 641401
ffsp@supportinmindscotland.org.uk
The Cottage (Cupar) drop-in
01334 657421
thecottage@supportinmindscotland.org.uk
www.supportinmindscotland.org.uk

Trauma Counselling Line Scotland
08088 020406