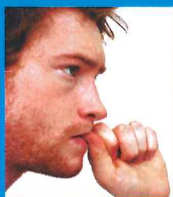


# Keeping Connected Fife

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.



## chooselife

The national strategy and action plan to prevent suicide in Scotland



## 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.drinksarter.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

## Advocacy

### Circles Network Fife

📞 01592 753383 or 01592 753168  
✉ info.fife@circlesnetwork.org.uk  
📞 www.circlesnetwork.org.uk

## 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

### Job Centre Plus

New Claims:  
📞 0800 055 6688  
TXT: 0845 6055255  
Existing Claims  
📞 0800 055 6688  
TXT: 0345 608 8551

## Families & Neighbours

### Fife Carers Centre

📞 01592 642999  
✉ centre@fifecarers.co.uk  
📞 www.fifecarerscentre.org

### Fife Community Mediation Service

📞 01592 641618  
✉ info@fifecm.sacro.org.uk  
📞 www.sacro.org.uk

### Carers UK

📞 0808 808 7777 (M-F 10am – 4pm)  
✉ adviceline@carersuk.org  
📞 www.carersuk.org

## 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; 6pm F to 6am M)  
📞 www.breathingspacescotland.co.uk  
BSL service also available – see website for details

**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 9.30 am – 4.00pm)

🌐 [www.carfweb.org](http://www.carfweb.org)

☎ Welfare benefit advice 03451 400 092

## Health & Social Services

### Fife Council

🌐 [www.fifedirect.org.uk](http://www.fifedirect.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](http://www.livingwithmycondition.org.uk)

### NHS Fife

🌐 [www.nhsfife.org](http://www.nhsfife.org)

### NHS Inform

☎ 0800 22 44 88

(8am – 10pm, 7 days a week).

🌐 [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

## Housing

### Disabled Persons Housing Service (Fife)

☎ 01592 803280

✉ [enquiries@dphsfife.org.uk](mailto:enquiries@dphsfife.org.uk)

🌐 [www.dphsfife.org.uk](http://www.dphsfife.org.uk)

### Richmond Fellowship Scotland

East Scotland Regional Office -

☎ 01592 774967

🌐 [www.trfs.org.uk](http://www.trfs.org.uk)

## Housing cntd

### Frontline Fife Housing Advice

☎ 01592 800430

✉ [info@frontlinefife.co.uk](mailto:info@frontlinefife.co.uk)

🌐 [www.frontlinefife.co.uk](http://www.frontlinefife.co.uk)

### Home4Good

☎ 03451 55 00 33 – office hours

☎ 0800 028 6231 – homeless emergencies weekends and out of office hours

### Richmond Fellowship Scotland

East Scotland Regional Office -

☎ 01592 774967

🌐 [www.trfs.org.uk](http://www.trfs.org.uk)

## LGBT Issues

### LGBT Youth Scotland

☎ 0131 355 3940

✉ [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

🌐 [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

### Terrence Higgins Trust

☎ 0808 802 1221 (M-F 10am to 8pm)

🌐 [www.tht.org.uk](http://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](http://www.baronyha.org.uk/kirkcaldy-contact-point.html)

### ENERGI - East Neuk & Levenmouth

☎ 01333 730477

✉ [energirecovery@btconnect.com](mailto:energirecovery@btconnect.com)

🌐 [www.energi.org.uk](http://www.energi.org.uk)

### Express Group Fife (Ltd)

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

☎ 01592 652975

✉ [info@expressgroup.fsnet.co.uk](mailto:info@expressgroup.fsnet.co.uk)

🌐 [www.expressgroupfife.org.uk](http://www.expressgroupfife.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](http://friendsinneed.co.uk)

### Moodcafe

Information and resources about common psychological problems

🌐 [www.moodcafe.co.uk](http://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](http://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](mailto:info@samh.org.uk)

🌐 [www.samh.org.uk](http://www.samh.org.uk)

### Scottish Recovery Network

✉ [www.scottishrecovery.net](http://www.scottishrecovery.net)

### Support in Mind Scotland

### Fife Hearing Voices Network

☎ 01592 267771

✉ [fhvn@supportinmindscotland.org.uk](mailto:fhvn@supportinmindscotland.org.uk)

### Fife Families Support Project

☎ 01592 641401

✉ [ffsp@supportinmindscotland.org.uk](mailto:ffsp@supportinmindscotland.org.uk)

### The Cottage (Cupar) drop-in

☎ 01334 657421

[thecottage@supportinmindscotland.org.uk](mailto:thecottage@supportinmindscotland.org.uk)

🌐 [www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)

## Mental Wellbeing cntd

### Talkmatters

☎ 01383 626064

✉ [info@talkmatters.org](mailto:info@talkmatters.org)

🌐 [www.talkmatters.org](http://www.talkmatters.org)

## Self-harm

### Fife Self-harm Project (18+)

☎ 01383 747 788

✉ [east@penumbra.org.uk](mailto:east@penumbra.org.uk)

### Fife Youth Project (ages 12 to 21)

☎ 01592 201 872

✉ [fifeyp@penumbra.org.uk](mailto:fifeyp@penumbra.org.uk)

🌐 [www.penumbra.org.uk](http://www.penumbra.org.uk)

## Sexual Abuse

### Fife Rape and Sexual Assault Centre (FRASAC)

☎ 01592 642336 (M-F 9am to 4pm)

🌐 [www.frasac.org.uk](http://www.frasac.org.uk)

### In Care Survivors Service Scotland

☎ 0800 121 6027 (M-F 9am - 11am)

✉ [lorna@incaresurvivors.org.uk](mailto:lorna@incaresurvivors.org.uk)

🌐 [www.incaresurvivors.org.uk](http://www.incaresurvivors.org.uk)

### Kingdom Abuse Survivors Project (KASP)

☎ 01592 644217

✉ [info@kasp.org.uk](mailto:info@kasp.org.uk)

🌐 [www.kasp.org.uk](http://www.kasp.org.uk)

### Rape Crisis National Helpline

☎ 08088 01 03 02

(Daily 6pm till midnight)

### Safe Space

☎ 01383 739084 (M-Th 10am to 4pm; F 10am to 3pm)

✉ [contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)

🌐 [www.safe-space.co.uk](http://www.safe-space.co.uk)

### Trauma Counselling Line Scotland

☎ 08088 020406