



# Keeping Connected *Fife*

## Emergency & Crisis Numbers

### Samaritans

116 123 (24 hours)  
[www.samaritans.org](http://www.samaritans.org)  
[jo@samaritans.org](mailto:jo@samaritans.org)

### Breathing Space

0800 83 85 87  
[www.breathingspace.scot](http://www.breathingspace.scot)

### NHS24 111

[www.nhs24.scot](http://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](http://www.fifeadp.org.uk)

### **We Are With You**

[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

### **Alcoholics Anonymous**

Meetings in Fife: 0800 917 7650  
(24 hours) Local: 0131 225 2727  
(24 hours) [www.aafife.net](http://www.aafife.net)

### **Drugs, Alcohol & Psychotherapies Limited**

01333 422277 [www.dapl.net](http://www.dapl.net)

### **Fife Alcohol Support Service (FAAS)**

01592 206200 [www.fassaction.org.uk](http://www.fassaction.org.uk)

### **Fife Intensive Rehabilitation & Substance Misuse Team (FIRST)**

01592 585960 [www.firstforfife.co.uk](http://www.firstforfife.co.uk)

### **Gamblers Anonymous Scotland**

Meetings in Fife: 0370 050 8881 (24 hours)  
[www.gascotland.org](http://www.gascotland.org)

### **Know the Score**

Information about drugs: 0333 230 9468  
[www.knowthescore.info](http://www.knowthescore.info)

### **Stop Smoking Services**

Quit Your Way with our support  
NHS Fife - 0800 025 3000  
[fife-uhb.smokingcessation@nhs.net](mailto:fife-uhb.smokingcessation@nhs.net)

## **Adult Protection**

### **Fife Adult Protection**

01383 602200 [www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)



## **Hourglass - Safer Aging Stopping Abuse**

0808 808 8141 [www.wearehourglass.scot/scotland](http://www.wearehourglass.scot/scotland)

## **Advocacy**

### **Fife Advocacy Forum**

01592 786729 [www.fifeadvocacyforum.org.uk](http://www.fifeadvocacyforum.org.uk)

### **Circles Network Fife**

01592 645 360 or 01383 732822

[www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

## **Domestic Abuse**

### **Fife Women's Aid**

0808 802 5555 (24 hours) [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

### **Men's Domestic Abuse Advice Line**

0808 801 0327 [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

### **Scottish Domestic Abuse & Forced Marriage Helpline**

0800 027 1234 (24 hours) [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

## **Bereavement & Loss**

### **Compassionate Friends**

Support following the death of a child.

0345 123 2304 [www.tcf.org.uk](http://www.tcf.org.uk)

### **Cruse Bereavement Care Scotland**

0845 600 2227 [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### **Curly Star Dream Foundation**

01383 610007 [www.curlystar.org](http://www.curlystar.org)

### **Petal Support Limited**

01698 324502 [www.petalsupport.com](http://www.petalsupport.com)

## **Eating Disorders**

### **B-eat**

0808 801 0677 [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **Linda Tremble Foundation (Fife)**

[www.lindatremblefoundation.org.uk](http://www.lindatremblefoundation.org.uk)

## **Employment**

### **Fife Employment Access Trust (FEAT)**

Employment service assisting those with mental health issues

01592 759371 [www.fifeemploymentaccesstrust.com](http://www.fifeemploymentaccesstrust.com)

### **Job Centre Plus**

New claims: 0800 0556688 Text: 0800 0234888

Existing claims: [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

### **Opportunities Fife**

[www.opportunitiesfife.org](http://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](http://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](http://www.mentalhealthandmoneyadvice.org/scot)

## **Families**

### **Fife Carers Centre**

01592 205472 [www.fifecarerscentre.org](http://www.fifecarerscentre.org)

### **Fife Community Mediation Service**

01592 641618 [www.sacro.org.uk](http://www.sacro.org.uk)



## **Parent Club**

[www.parentclub.scot](http://www.parentclub.scot)

## **Care Information Scotland**

0800 011 3200 [www.careinfoscotland.scot](http://www.careinfoscotland.scot)

## **Carers UK Scotland**

0808 808 7777 [www.carersuk.org/scotland](http://www.carersuk.org/scotland)

## **The Silver Line**

Free confidential helpline for older people

0800 4 70 80 90 (24 hours) [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

## **Health & Social Care**

### **Fife Council**

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

Social Work Enquiries: 03451 55 15 03

### **NHS Fife**

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

### **Macmillan service**

For people affected by a cancer diagnosis.

0808 808 0000 [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Defence Medical Welfare Service**

Dunfermline 07730219571

Kirkcaldy 07707377722642

[www.dmws.org.uk](http://www.dmws.org.uk)

### **NHS Inform**

0800 22 44 88 [www.nhsinform.scot](http://www.nhsinform.scot)

### **On Your Doorstep Fife**

Health & wellbeing community support

[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

## **Mental Health & Wellbeing**

### **Access Therapies Fife**

[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

### **Moodcafe**

Information and resources promoting mental health for all ages. [www.moodcafe.co.uk](http://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](http://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](http://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](http://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](http://www.supportinmindscotland.org.uk/fife-services)

### **Richmond Fellowship Scotland**

01592 774967 [www.trfs.org.uk](http://www.trfs.org.uk)

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

01383 747 788

[www.penumbra.org.uk/service-locations/](http://www.penumbra.org.uk/service-locations/)

## **Housing**

### **Disabled Persons Housing Service (Fife)**

01592 803280 [www.dphsfife.org.uk](http://www.dphsfife.org.uk)

### **Frontline Fife Housing Advice**

01592 800430 [www.frontlinefife.co.uk](http://www.frontlinefife.co.uk)

### **Trust in Fife**

01592 646677 [www.trustinfife.org.uk](http://www.trustinfife.org.uk)

## **LGBT Issues**

### **LGBT Health & Wellbeing**

0300 123 2523 [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

### **LGBT Youth Scotland**

0131 555 3940 [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## **Suicide Prevention**

### **Brothers in Arms**

[www.brothersinarmsscotland.co.uk](http://www.brothersinarmsscotland.co.uk)

### **SAMs Café**

Kirkcaldy & Dunfermline

07971892886 - 07725214012 [www.samscafe.org.uk](http://www.samscafe.org.uk)

### **Andy's Man Club**

Dunfermline, Glenrothes & St Andrews

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

## **Trauma & Abuse**

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

01592 642336 [www.frasac.org.uk](http://www.frasac.org.uk)

### **Kingdom Abuse Survivors Project (KASP)**

01592 644217 [www.kasp.org.uk](http://www.kasp.org.uk)

## Rape Crisis National Helpline

08088 01 03 02 [www.rapecrisisScotland.org.uk](http://www.rapecrisisScotland.org.uk)

## Safe Space

01383 739084 [www.safe-space.co.uk](http://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](mailto: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](mailto:fife-uhb.infocentre@nhs.net)

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