

## Addictions

### Fife Alcohol and Drug Partnership

03451 555555 ext 446153  
[www.fifedirect.org.uk/fifeadp](http://www.fifedirect.org.uk/fifeadp)

### Al-Anon Family Groups

Support for families and friends of problem drinkers. Groups in Fife  
020 7403 0888 (10am-10pm)  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### Alcoholics Anonymous

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

### Cocaine Anonymous Scotland

0141 959 6363  
[www.cascotland.org.uk](http://www.cascotland.org.uk)

### Drinkline Scotland

0800 7 314 314 (8am-11pm)  
[www.drinksarter.org](http://www.drinksarter.org)

### Gamblers Anonymous Scotland

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

### Know the Score

Information about drugs.  
0800 587 587 9 (8am-11pm)  
[knowthescore.info](http://knowthescore.info)

## Bereavement & Loss

### Cruse Bereavement Care Scotland

0845 600 2227  
(5p per minute plus company access charge)  
[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### Curly Star Dream Foundation

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

### Survivors of Bereavement by Suicide

Fife group (Kirkcaldy)  
07707 697739  
0300 111 5065 (9am-9pm)  
[uk-sobs.org.uk](http://uk-sobs.org.uk)

### Touched by Suicide Scotland

Fife group (Glenrothes)  
01294 274273  
[touchedbysuicidescotland.org](http://touchedbysuicidescotland.org)

### The Compassionate Friends

Support following the death of a child  
0345 123 2304 (10am-4pm & 7pm-10pm)  
[www.tcf.org.uk](http://www.tcf.org.uk)



# Keeping Connected Fife

Advice and helpline directory of local and national services to help keep you connected



## Emergency & Crisis Numbers

**Samaritans (24 hours)** 116 123  
Text: 07725 909090  
[www.samaritans.org](http://www.samaritans.org)

**Breathing Space** 0800 83 85 87  
(Mon-Thurs 6pm-2am;  
6pm Fri to 6am Mon)  
[breathingspace.scot](http://breathingspace.scot)

**NHS24** 111  
[www.nhs24.com](http://www.nhs24.com)

**Fife Council Social Work Out of Hours**  
03451 550099

**IN AN EMERGENCY - DIAL 999**



Scan this barcode to save this leaflet directly to your phone/tablet

## Adult Protection

### Fife Adult Protection

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

### Action on Elder Abuse

080 8808 8141  
(Mon-Fri 9am-5pm)  
[www.elderabuse.org.uk/scotland/](http://www.elderabuse.org.uk/scotland/)

## Advocacy

**Fife Advocacy Forum**  
[fifeadvocacyforum.org.uk](http://fifeadvocacyforum.org.uk)

**Circles Network Fife**  
01592 645360  
[www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

### Scottish Domestic Abuse & Forced Marriage Helpline

0800 027 1234 (24 hours)  
[www.scottishwomensaid.org.uk](http://www.scottishwomensaid.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  
(Mon-Fri 9am-5pm)  
[www.mensadvice.org.uk](http://www.mensadvice.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  
Mon-Fri 8am-6pm  
Existing claims:  
see [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)  
for details of specific benefit contact numbers

### Opportunities Fife

0844 855 2280 (Mon-Fri 9am-5pm)  
[www.opportunitiesfife.org](http://www.opportunitiesfife.org)

The information in this leaflet was correct at time of going to print. We cannot accept any responsibility for any future changes.

If you spot any inaccuracies please contact 01592 226425

Printed 05/16

## Citizen & Money Advice

### Citizens Advice and Rights Fife (CARF)

Free independent, confidential advice

General advice  
0345 1400 095

Debt & money advice  
0345 1400 094

Patient advice & support  
0345 1400 093

Welfare advice  
0345 1400 092

Text service for the deaf  
0787 2677 904

(Mon-Fri 8.30am-4pm)  
[www.carfweb.org](http://www.carfweb.org)

## Families

**Fife Carers Centre**  
01592 205472

Text: 07881 691391  
[www.fifecarerscentre.org](http://www.fifecarerscentre.org)

**Fife Community Mediation Service**

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

### Care Information Scotland

0800 011 3200 (8am-10pm)  
[www.careinfoscotland.scot](http://www.careinfoscotland.scot)

### Carers UK

0808 808 7777 (Mon-Fri 10am-4pm)  
[www.carersuk.org](http://www.carersuk.org)

### The Spark

Making relationships work  
0808 802 2088  
[www.thespark.org.uk](http://www.thespark.org.uk)

## Health & Social Care

### Fife Council

[www.fifedirect.org.uk](http://www.fifedirect.org.uk)  
Social Work Enquiries  
03451 55 15 03 (Office hours)

### NHS Fife

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

### NHS Inform

0800 22 44 88 (8am-10pm)  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

### On Your Doorstep Fife

Health & wellbeing community support  
[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

## Mental Health & Wellbeing

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

### ENERGI - East Neuk & Levenmouth

01333 730477 (Mon-Fri 10am-3pm)

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

### Express Group (Fife) Ltd

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

01592 645331

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

### Fife Boomerang Association

01592 775650

### SDS Options (Fife)

Self directed support information and advice

01592 803280

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

### Support in Mind Scotland

Fife Services

01592 268388

[www.supportinmindscotland.org.uk/fife-services-](http://www.supportinmindscotland.org.uk/fife-services-)

### Talk Matters

Confidential counselling service for people in Fife  
01383 626604

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

### Big White Wall

Online support for those experiencing mild to moderate distress

[www.bigwhitewall.com](http://www.bigwhitewall.com)

### Friends in Need

Community to end the loneliness associated with depression

[friendsinneed.co.uk](http://friendsinneed.co.uk)

### Living Life

Telephone CBT & guided self-help for mild to moderate depression & anxiety

0800 328 9655 (Mon-Fri 1pm-9pm)

[breathingspace.scot/living-life](http://breathingspace.scot/living-life)

### Saneline

0300 304 7000 (6pm-11pm)  
[www.sane.org.uk](http://www.sane.org.uk)

### 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)

### Scottish Association for Mental Health (SAMH)

0141 530 1000

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

### Scottish Recovery Network

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

## Self Harm

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

01383 747 788

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

## Housing

**Disabled Persons Housing Service (Fife)**

01592 803280 (Office hours)

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

**Frontline Fife Housing Advice**

01592 800430

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

**Richmond Fellowship Scotland**

01592 774967

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

## Trauma & Abuse

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

01592 642336 (Mon-Thu 9am-4pm; Fri 9am-12noon)

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

**In Care Survivors Service Scotland**

0800 121 6027 (Mon-Fri 9am-11am)

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

**Kingdom Abuse Survivors Project (KASP)**

01592 644217 (Office hours)

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

**Rape Crisis National Helpline**

08088 01 03 02 (6pm-midnight)

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

**Safe Space**

01383 739084 (Mon-Thu 10am-4pm)

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

**Trauma Counselling Line Scotland**

08088 020406 (Mon-Wed 5pm-8pm; Thu-Fri 9am-2pm)

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

## LGBT Issues

**LGBT Helpline Scotland**

0300 123 2523 (Tue & Wed 12noon-9pm)

[www.lgbt-helpline-scotland.org.uk](http://www.lgbt-helpline-scotland.org.uk)

**LGBT Youth Scotland**

0131 355 3940

Text: 07786 202 370

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

**Terrence Higgins Trust**

0808 802 1221 (Mon-Fri 10am-8pm)

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