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

Breathing Space (Mon-Thurs 6pm-2am; 6pm Fri to 6am Mon)
breathingspace.scot

NHS24 111
www.nhs24.com

Fife Council Social Work Out of Hours 03451 550099

IN AN EMERGENCY - DIAL 999

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
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Mental Health & Wellbeing

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/
kirkcaldy-contact-point.html

ENERGI - East Neuk & Levenmouth
01333 730477 (Mon-Fri 10am-3pm)
www.energi.org.uk

Express Group (Fife) Ltd
Lochgelly, Kirkcaldy, Inverkeithing, Cupar, Glenrothes, Dunfermline, & St Andrews
01592 645331
www.expressgroupfife.org.uk

Fife Boomerang Association
01592 775650

SDS Options (Fife)
Self directed support information and advice
01592 803280
www.sdsoptionsfife.org.uk

Support in Mind Scotland
Fife Services
01592 268388
www.supportinmindscotland.org.uk/fife-services-

Housing

Disabled Persons Housing Service (Fife)
01592 803280 (Office hours)
www.dphsfife.org.uk

Frontline Fife Housing Advice
01592 800430
www.frontlinefife.co.uk

Richmond Fellowship Scotland
01592 774967
www.trfs.org.uk

LGBT Issues

LGBT Helpline Scotland
0300 123 2523 (Tue & Wed 12noon-9pm)
www.lgbthelpline-scotland.org.uk

LGBT Youth Scotland
0131 355 3940
Text: 07786 202 370
www.lgbtyouth.org.uk

Terrence Higgins Trust
0808 802 1221 (Mon-Fri 10am-8pm)
www.tht.org.uk

Talk Matters
Confidential counselling service for people in Fife
01383 626604
www.talkmatters.org

Big White Wall
Online support for those experiencing mild to moderate distress
www.bigwhitewall.com

In Care Survivors Service Scotland
0800 121 6027 (Mon-Fri 9am-11am)
www.incaresurvivors.org.uk

Kingdom Abuse Survivors Project (KASP)
01592 644217 (Office hours)
www.kasp.org.uk

Rape Crisis National Helpline
08088 01 03 02 (6pm-midnight)
www.rapecrisisscotland.org.uk

Safe Space
01383 739084 (Mon-Thur 9am-11pm; Fri 9am-12noon)
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

Citizen & Money Advice

Citizens Advice and Rights Fife (CARF)
Free independent, confidential advice
General advice 0345 1400 093
Welfare advice 0345 1400 092
Text service for the deaf 0787 2677 904 (Mon-Fri 8.30am-4pm)
www.carfweb.org

Care Information Scotland
0800 011 3200 (8am-10pm)
www.careinfoscotland.scot

Carers UK
0808 808 7777 (Mon-Fri 10am-4pm)
www.carersuk.org

The Spark
Making relationships work 0808 802 2088
www.thespark.org.uk

Families

Fife Carers Centre
01592 205472
Text: 07881 691391
www.fifecarerscentre.org

Fife Community Mediation Service
01592 641618
www.sacro.org.uk

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Health & Social Care

Fife Council
www.fifedirect.org.uk

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Welfare advice 0345 1400 092
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NHS Inform
0800 22 44 88 (8am-10pm)
www.nhsinform.co.uk

On Your Doorstep Fife
Health & wellbeing community support 03451 55 15 03 (Office hours)
www.onyourdoorstepfife.org

NHS Fife
www.nhsfife.org/

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