### Domestic Abuse

**DOMESTIC ABUSE**

In an emergency call 999

- **Fife Women's Aid** 0808 802 5555 [fifewomensaid.org.uk](http://fifewomensaid.org.uk)
- **Shakti Fife (ethnic minority women)** 01383 431 243 [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)
- **Scottish Domestic Abuse & Forced Marriage Helpline** 0800 027 1234 [sdafmh.org.uk](http://sdafmh.org.uk)
- **Fearless** 0131 624 7266
  - Men, LGBT+ and BME communities.
  - [Fearless.scot](http://Fearless.scot)
- **Abused Men in Scotland** 0808 800 0024 [abusedmeninscotland.org](http://abusedmeninscotland.org)
- **Revenge Porn Helpline** 0345 600 0459
- **National Stalking Helpline** 0808 802 0300

### Help and Support

**HEALTH AND WELLBEING**

- **Homeless Emergencies** 0800 028 6231
- **Housing Information/Advice (8am-6pm)** 03451 55 00 33
- **Frontline Fife (homelessness service)** 01592 800430
- **Cruse Bereavement Care Scotland** 0845 600 2277
- **Rape Crisis Scotland** 080881 01 03 02
- **Fife Rape And Sexual Assault Centre** 01592 642336
- **NHS Inform** 0800 22 44 88 [nhsinform.scot](http://nhsinform.scot)
- **Find your local GP or pharmacy**

### Addicition Services

**ADDICTION SERVICES**

- **ADAPT** 01592 321321
  - Fife drug and alcohol triage service
- **Drinkline Scotland** 0800 7 314 314 [drinkaware.co.uk](http://drinkaware.co.uk)
- **Alcoholics Anonymous** 0131 225 2727 [AAfife.net](http://AAfife.net)
- **Narcotics Anonymous** 0300 999 1212 [ukna.org](http://ukna.org)
- **SMART recovery** [smartrecovery.org.uk](http://smartrecovery.org.uk)
- **Gambling Anonymous** 0370 050 8881 [Gascotland.org](http://Gascotland.org)

### Money

**MONEY**

- **Scottish Welfare Fund** 0300 555 0265
  - Crisis grants and community care grants
- **Citizens Advice and Rights Fife** 0345 1400 094 [cabfife.org.uk](http://cabfife.org.uk)
- **Tax Credit Helpline** 0345 300 3900
- **Money Advice Scotland** 0141 572 0237
- **Universal Credit Freephone** 0800 328 5644

### Food in Fife

**FOOD IN FIFE**

- **Some foodbanks take self-referrals. If you need a referral contact:**
  - **Fife Council’s Welfare Fund Team or your Social Worker** 0300 555 0265
  - **If you do not have a Social Worker call**
    - **Fife Council Social Work** 03451 55 15 03
    - **Out of Hours service** 03451 55 00 99
  - **Citizens Advice and Rights Fife** 0345 1400 095 [cabfife.org.uk](http://cabfife.org.uk)

- **Some GPs and Health Visitors can also refer you.**
  - For details of all Fife foodbanks and low cost hot meal locations visit: [fifedirect.org.uk/foodinfife](http://fifedirect.org.uk/foodinfife)
Surviving Christmas and New Year
Useful tips and crisis contacts to help during the Festive Season
2018 edition

TIPS AND HINTS for the holiday period

- Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.
- Remember that services will be open again in a few days.
- Get the phone numbers of the out of hours and emergency services that will be available. Put this near your phone, or somewhere you can find it easily.
- Find out ‘What’s on’ in Fife by checking the Council website www.fifedirect.org.uk/events or www.kingdomfm.co.uk/whats-on. You can click on a date and it will give you all the listings for that day.
- Think ahead about transport for anything on 25/26 December or over the first few days in January. Check out options for sharing a taxi with a friend or getting a lift.
- If you are going to a group like AA that is on over the holidays, phone the contact person beforehand and ask if you can share transport with other people.
- Think what you enjoy doing and how you can do it with other people – if that’s what you want.
- Don’t feel you have to include everyone or a big group. It can just be you and one or two pals.
- Talk it over. Ask what each person enjoys. Once you get talking you’ll come up with things that you all be happy doing. Go to the library the week before the holidays. Stock up with books and DVDs – things to keep you going.
- Make sure you have enough food in to last you over the days when the shops are shut. If you’ve got food at home and are looking after yourself it’s easier to cope with all the other hassles and temptations.
- Remember to stock up with other things that help you be well – like any medicines you take, or remedies for colds and flu.
- Get into a pattern that keeps you well before the holidays – like going for a walk each day and eating well.
- Check your local paper for details of support organisations providing Festive meals on Christmas or New Year’s Day.

GETTING CONNECTED

On Your Doorstep Fife onyourdoorstepfife.org
Advocacy fifeadvocacyforum.org.uk
Fife Forum 01592 643743 Fifeforum.org.uk
Fife Carers Centre 01592 205472 Fifecarerscentre.org
Fife Young Carers 01592 786717 Fifeyoungcarers.co.uk
Silverline (24hr helpline for older people) 0800 4 70 80 90
Fife Centre for Equalities 01592 645310 centreforequalities.org.uk

Sometimes people find that the Christmas and New Year period is really hard.

Everyone else seems to be having a great time but you’re feeling worried or finding it hard to cope. It can be difficult to deal with extra stress and keep yourself well when other people are drinking and having parties. Often the places where you get support at other times of the year have shut up for the holidays.

Well, you’re not alone. Lots of people find the holiday period difficult. So we’ve put together this handy guide to surviving Christmas and New Year.

HELP AND SUPPORT

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Protection Phone Line</td>
<td>01383 602200</td>
</tr>
<tr>
<td>Social Work</td>
<td>03451 55 15 03</td>
</tr>
<tr>
<td>Out of hours emergencies:</td>
<td>03451 55 00 99</td>
</tr>
<tr>
<td>NHS 24</td>
<td>111</td>
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<tr>
<td>Samaritans</td>
<td>116 123</td>
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<tr>
<td>Breathing Space</td>
<td>0800 83 85 87 (breathingspace.scot)</td>
</tr>
<tr>
<td>Traveline</td>
<td>0871 200 2233 (travelinescotland.com)</td>
</tr>
<tr>
<td>Winter information</td>
<td>fifedirect.org.uk/winter</td>
</tr>
<tr>
<td>Power cuts helpline</td>
<td>105</td>
</tr>
</tbody>
</table>

A more detailed Surviving Christmas booklet
www.fifedirect.org.uk/adultprotection

Fife Adult Support & Protection
www.fifedirect.org.uk/adultprotection

In an emergency call 999
Adult Protection Phone Line
01383 602200

The above website can be downloaded from the above website.