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

Emergency & Crisis Numbers
Samaritans (24 hours) 0877 259 0909
www.samaritans.org

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

NHS24
www.nhs24.com 0800 111 4343

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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Citizen & Money Advice

Citizens Advice and Rights Fife (CARF)
Free independent, confidential advice
General advice 0345 1400 095
Debt & money advice 0345 1400 094

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

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

7 Cups of Tea
Online emotional health and wellbeing service.
www.7cupsfor6ea.com

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.trf.org.uk

LGBT Issues

LGBT Health & Wellbeing
0300 123 2523 (Tue & Wed 12noon-9pm)
www.lgbthealth.org.uk

LGBT Youth Scotland
0131 555 3940
www.lgbtyouth.org.uk

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

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

Friends in Need
Community to end the loneliness associated with depression
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

Saneline
0300 304 7000 (4.30pm-10.30pm)
www.sane.org.uk

Health & Social Care

Fife Council
www.fifedirect.org.uk
Social Work Enquiries 0345 1400 095 (Office hours)

NHS Fife
www.nhsfife.org/knowwhototurnto

On Your Doorstep Fife
Health & wellbeing community support
www.onyourdoorstepfife.org

Smart Life in Fife
Self-assessment tool giving advice on activities of daily living
www.smartlifeinfife.org

NHS Inform
0800 22 44 88 (8am-10pm)
www.nhsinform.scot

Rape Crisis National Helpline
08088 020406 (Mon-Wed 5pm-8pm; Thu-Fri 9am-2pm)
www.health-in-mind.org.uk/services/counselling/tcls.html

Safe Space
01383 739084 (Mon-Thu 9am-6pm; 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/services/counselling/tcls.html

Trauma & Abuse

Fife Rape and Sexual Assault Centre (FRASAC)
01592 642336 (Mon-Thu 9am-4pm; Fri 9am-12noon)
www.frasac.org.uk

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

Self Harm

Fife Self-harm Project (age 18+)
01383 747 788
www.penumbra.org.uk

The Silver Line
Free confidential helpline for older people
0800 4 70 80 90 (24 hours)
www.thesilverline.org.uk

Scottish Association for Mental Health (SAMH)
0141 530 1000
www.samh.org.uk

Scottish Recovery Network
www.scottishrecovery.net

Families

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

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

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

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

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

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