

## Mental Health Support Services for Adults in Fife

### Self-help Services/Resources

**Action on Depression.** Provides an online CBT based skills course to tackle low mood, stress and distress.

☎ 0808 802 2020

✉ info@actionondepression.org

**Living Life Service. Telephone CBT.** Free self-help coaching service teaching evidenced based CBT techniques for those with mild anxiety and depression to help manage their difficulties.

☎ 0800 328 9655 (Mon- Fri 1pm – 9pm)

🌐 www.nhs24.com/UsefulResources/

**Moodcafé NHS Fife website** Self help information & details of local and national support groups and helpful books.

🌐 www.moodcafe.co.uk

### Relaxation CDs and booklets

To order more contact Louise Hutton from the NHS Fife Health Improvement Team:

☎ 01592 226 494

✉ lousehutton@nhs.net

🌐 www.healthyfife.net/

**Step on Stress. Courses teaching CBT skills to manage anxiety & stress.** Run by NHS Fife Psychology Dept. Available in Dunfermline and in West Fife.

☎ 01383 565442

✉ fife-UHB.SteponStress@nhs.net

🌐 www.moodcafe.co.uk

## Helplines

**Breathing Space** Confidential depression and low mood helpline.

☎ 0800 83 85 87 (Mon-Thurs 6pm-2am; Fri 6pm-Mon 6am)

**Carers Line** Information and advice for carers

☎ 0808 808 7777 (Weds and Thurs 10am-12noon and 2pm-4pm)

**Child Line.** Private and confidential helpline for children.

☎ 0800 1111 (24/7)

**Drink Line.** Help with alcohol issues.

☎ 0800 7 314 314 (8am-11pm)

**No Panic Helpline.** Anxiety disorders helpline.

☎ 0844 967 4848 (10am-10pm)

**Parent Line Scotland.** Free helpline for anyone with concerns about a child.

☎ 0800 028 2233 (9am-10pm Mon-Fri; 12pm-8pm Sat-Sun)

**Rape and Abuse Line**

☎ 0808 800 0123 (female call handlers);

☎ 0808 800 0122 (male call handlers)

**Rape Crisis national Helpline.** For anyone affected by sexual violence.

☎ 08088 01 03 02 (Daily 6pm-midnight)

**Saneline.** Out of hours mental health helpline.

☎ 0845 767 8000 (6pm – 11pm)

**Scottish Domestic Abuse Helpline.**

Free helpline for anyone affected by domestic and/or sexual abuse.

☎ 0800 027 1234

**Trauma Counselling Line Scotland.**

Confidential telephone counselling to anyone who suffered abuse as a child.

☎ 08088 020406

## Specific Services

### Addiction Services

**Drug and Alcohol Project Limited.** Free and confidential one to one counselling, support, information and advice to individuals and families who are affected by substance use and live within Fife.

☎ 01333 422277

✉ daplimited@gmail.com

🌐 www.dapl.net

**Fife Alcohol Support Service (FASS).**

Free, Fife-wide, community based, one-to-one alcohol counselling service.

☎ 01592 206 200

✉ enquiries@fife-alcohol-support.org.uk

🌐 www.fassaction.org.uk

**Fife Intensive Rehabilitation and Substance Misuse (FIRST).** Provides a Fife-wide rehabilitation service to individuals with Substance Misuse problems via one to one, group and volunteer support.

☎ 01592 585 960

✉ enquiries@firstforfife.co.uk

🌐 www.firstforfife.co.uk

**Gamblers Anonymous UK.** Support group for compulsive gamblers with weekly groups in Dunfermline.

☎ 0370 050 8881

🌐 www.gascotland.org

### Bereavement Services

**CRUSE Bereavement Care Scotland.**

Free one-to-one counselling sessions.

☎ 0845 600 2227

✉ info@crusescotland.org.uk

🌐 www.crusescotland.org.uk

**Fife SANDS (Stillbirth And Neonatal Death Support).** Provides a helpline for anyone who has been affected by the death of a baby.

☎ 020 7436 5881 (helpline)

☎ 0845 5280322

✉ fife-sands@tiscali.co.uk

🌐 www.fifesands.co.uk

**Survivors of Bereavement by Suicide**

☎ 0844 561 6855 (9am to 9pm)

🌐 www.uk-sobs.org.uk

**WAY (Widowed and Young).** Provides peer-to-peer emotional and practical support to men and women under 51 whose partner has died.

☎ 0300 012 4929

✉ enquiries@widowedandyoung.org.uk

🌐 www.widowedandyoung.org.uk

### Carer's Services

**Fife Carers Centre.**

☎ 01592 642 999

✉ centre@fifecarers.co.uk

🌐 www.fifecarerscentre.org.uk

See also Carers section on Moodcafé website

### Counselling Services

**Charis Foundation.** Free service.

☎ 01592 744632

✉ enquiries@charisfoundation.co.uk

🌐 www.charisfoundation.co.uk

**Occupational Health Service.** If your patient is working, check if they have access to Occupational Health counselling via their employer.

**Relationships Scotland.** Offer relationship counselling and family mediation.

☎ 0845 119 2020/01592 597444

✉ enquiries@relationships-scotland.org.uk

🌐 www.relationships-scotland.org.uk

**Samaritans.**  
 ☎ 08457 90 90 90  
 ✉ jo@samaritans.org  
 🌐 www.samaritans.org

**Talk Matters.** Offer one to one counselling service.  
 ☎ 01383 626064  
 ✉ info@talkmatters.org  
 🌐 www.talkmatters.org

**The Spark.** Provides relationship counselling services in Fife.  
 ☎ 0845 271 2711  
 🌐 www.thespark.org

**Urban Therapy.** Free service for individuals or couples in the Lochgelly area.  
 ☎ 07453 269332  
 ✉ urbantherapy2012@gmail.com

**Working Health Services.** A prompt, free confidential NHS service for people (of working age employed by a small company (less than 250 employees) with no access to occupational health) who are off work sick or struggling to remain at work due to health issues.  
 ☎ 0800 019 2211

**Family**

**Family Mediation (Fife).** Provides a range of services (including counselling, mediation and supported/supervised contact) with the aim of assisting any persons concerned in marital and family disputes.  
 ☎ 01592 751095  
 🌐 www.familymediationonline.co.uk

**Fife Community Mediation.** Provides community mediation, peer mediation in schools, transition to highschool training and effective communication training.  
 ☎ 01592 641618  
 ✉ info@fifecm.sacro.org.uk  
 🌐 www.sacro.org.uk

**Home-Start.** Provides one-to-one support for families with young children.  
**Dunfermline:**  
 ☎ 01383 621349  
 ✉ home\_startdunfermline@madasafish.com  
 🌐 www.home-start-dunfermline.org.uk

**Kirkcaldy:**  
 ☎ 01592 565285  
 ✉ homestartkirkcaldy@yahoo.co.uk

**Leven:**  
 ☎ 01592 719012  
 ✉ levenhomestart@yahoo.co.uk

**Lochgelly:**  
 ☎ 01592 861103  
 ✉ home\_startlochgelly@hotmail.co.uk

**The Cottage Family Centre.** A family centre for families with pre-school children.  
 ☎ 01592 269489  
 🌐 www.thecottagefamilycentre.org.uk

**Mental Health**

**Contact Point.** Provides groups, activities and events for those who wish to improve or maintain their mental health.  
 ☎ 0845 140 7777

**Crossreach Postnatal Depression Service.** Supports families where the mother or father is suffering from postnatal depression.  
 ☎ 0131 538 7288  
 🌐 www.crossreach.org.uk/postnatal-depression-services-lothian-0

**Express Group (Fife).** Provides support and activities for people with severe mental health problems.  
 ☎ 01592 652975  
 ✉ info@expressgroup.fsnet.co.uk  
 🌐 www.expressgroupfife.org.uk

**Penumbra (East Area).** Support Groups, one-to-one support and awareness raising and supported housing. **Includes self-harm service.**  
 ☎ 01383 747 788  
 ☎ 01592 201872 (Youth Project)  
 ✉ east@penumbra.org.uk  
 🌐 www.penumbra.org.uk

**SAMH - Scottish Association for Mental Health.** Mental health charity that provides a variety of community based services for individuals with mental health problems.  
 ☎ 0141 530 1000  
 ✉ enquire@samh.org.uk  
 🌐 www.samh.org.uk

**Survivors of Rape and Sexual Abuse**

**Fife Rape and Sexual Assault Centre.** Free service for anyone who has been affected by rape or sexual assault at some point in their lives.  
 ☎ 01592 642 336  
 ✉ info@frasac.org.uk  
 🌐 www.frasac.org.uk

**Kingdom Abuse Survivors Project.** Free counselling and support service to adult survivors of childhood sexual abuse.  
 ☎ 01592 644217  
 ✉ info@kasp.org.uk  
 🌐 www.kasp.org.uk

**Safe Space.** Free counselling service to adult survivors of childhood sexual abuse (one-to-one and group support). They also offer support to parents of children who have been abused.  
 ☎ 01383 739084  
 ✉ contact@safe-space.co.uk  
 🌐 www.safe-space.co.uk

**The National Association of Services for Male Sexual Abuse Survivors.** Offers one-to-one counselling, group therapy and a helpline.  
 ☎ 0845 122 1201 (helpline) or 0203 598 3898 (office line).  
 ✉ info@survivorsuk.org  
 🌐 www.survivorsuk.org

**Employment**

**Fife Employment Access Trust.** Provides support for finding and sustaining work to those with mental health issues.  
 ☎ 01592 759371  
 ✉ feat@journeytowork.co.uk  
 🌐 www.fifeemploymentaccesstrust.com

**Going Forth.** Supports individuals with severe mental health problems in personal development, training, education and employment.  
 ☎ 01383 623179  
 ✉ goingforth@samh.org.uk  
 🌐 www.samh.org.uk

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**Produced by NHS Fife Psychology Department**

**Copies of this document are available on: www.moodcafe.co.uk**

**Information correct as of October '14**