

Mental Health Support Services for Adults in Fife

Self-help Services/resources

Living Life Service

Free telephone CBT/coaching service for those with mild anxiety/depression.

☎ 0800 328 9655 (Mon-Fri 1-9pm)

🌐 www.nhs24.com/usefulresources

Moodcafé NHS Fife Website

Self help information & details of local and national support groups.

🌐 www.moodcafe.co.uk

Relaxation CDs and Booklets

Order from Health Improvement Team:

☎ 01592 226 494

✉ louisehutton@nhs.net

Step on Stress Course

Stress & anxiety management courses.

☎ 01383 565442

✉ fife-UHB.SteponStress@nhs.net

🌐 www.moodcafe.co.uk

Veterans

Veterans First Point Fife (V1P)

A one stop shop for veterans anywhere in Fife. Designed and run by veterans providing social, welfare and mental health support.

☎ 07770 730268 or 01592 723844

✉ FifeUHB.VeteransFirstPoint@nhs.net

🌐 www.veteransfirstpoint.org.uk

Helplines

Breathing Space

Confidential depression, loneliness, anxiety and suicidality helpline.

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

Carers UK Adviceline

Advice on financial and practical matters.

☎ 0808 808 7777 (Mon-Fri 10am-4pm)

Child Line

Confidential helpline for children.

☎ 0800 1111 (24/7)

Drink Line

Help with own/other's alcohol issues.

☎ 0300 123 1110 (Mon-Fri 9am-8pm, Sat-Sun 11am-4pm)

No Panic Helpline

Anxiety disorders helpline.

☎ 0844 967 48 48 (daily 10am-10pm)

Parent Line Scotland

Free helpline and webchat for anyone with concerns about a child.

☎ 08000 28 22 33 (Mon-Fri 9am-9pm)

Rape and Sexual Abuse Line

☎ 0808 800 0188 (Tues, Wed, Thurs 7-10pm)

Rape Crisis National Helpline

For anyone affected by sexual violence.

☎ 08088 01 03 02 (Daily 6pm-midnight)

Saneline

Out of hours mental health helpline.

☎ 0300 304 7000 (daily 4.30 – 10.30pm)

National Domestic Abuse and Forced Marriage Helpline Scotland

Free for anyone affected by domestic /sexual abuse or forced marriage.

☎ 0800 027 1234 (24/7)

Trauma Counselling Line Scotland

Telephone counselling for anyone who experienced abuse as a child.

☎ 08088 020406 Mon-Wed (5-8pm), Thurs-Fri (9am-2pm)

Addiction Services

ADAPT (part of FASS)

Drop in clinics for anyone worried about their own or another person's use of alcohol or drugs.

☎ 01592 321321

Drug and Alcohol Project Ltd (DAPL)

Free 1:1 counselling, support and advice to individuals and families affected by substance use. Premises in Leven, Kirkcaldy and Glenrothes.

☎ 01333 422277

✉ enquiries@dapl.net

🌐 www.dapl.net

Fife Alcohol Support Service (FASS)

Free, Fife-wide, community based, 1:1 alcohol counselling service.

☎ 01592 206 200

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

🌐 www.fassaction.org.uk

Fife Intensive Rehabilitation and Substance Misuse Team (FIRST)

Fife-wide rehabilitation service for those with substance misuse problems via 1:1, group and volunteer support.

☎ 01592 585 960

✉ enquiries@firstforfife.co.uk

🌐 www.firstforfife.co.uk

Gamblers Anonymous Scotland

Support for compulsive gamblers with groups in Fife and 24/7 helpline.

☎ 0370 050 8881

🌐 www.gascotland.org

Carer's Services

Fife Carers Centre

☎ 01592 205472

✉ centre@fifecarers.co.uk

🌐 www.fifecarerscentre.org.uk

See also Carers section on Moodcafé

Bereavement Services

CRUSE Bereavement Care Scotland

Free 1:1 counselling sessions.

☎ 0845 600 2227

✉ info@crusescotland.org.uk

🌐 www.crusescotland.org.uk

Fife SANDS (Stillbirth and Neonatal Death Support)

Provides monthly support meetings in Kirkcaldy and a helpline for anyone 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

Support for people who have been bereaved by suicide.

☎ 0300 111 5065 (daily 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

Employment

Fife Employment Access Trust

Support to find and sustain work for those with mental health issues.

☎ 01592 759321

✉ feat@journeytowork.co.uk

🌐 www.fifeemploymentaccesstrust.com

SAMH Going Forth

Development, training, education and employment for individuals with severe mental health problems.

☎ 01383 623179

✉ goingforth@samh.org.uk

🌐 www.samh.org.uk

Counselling Services

Charis Foundation

Free counselling service in Leslie, Fife.
☎ 01592 744632

✉ enquiries@charisfoundation.co.uk
🌐 www.charisfoundation.co.uk

Occupational Health Service

Employed patients may have access to counselling via their workplace.

Relationships Scotland

Relationship counselling for couples and individuals and family mediation.
☎ 0345 119 2020/01592 597444

✉ enquiries@relationships-scotland.org.uk
🌐 www.relationships-scotland.org.uk

Samaritans

☎ 116 123
✉ jo@samaritans.org
🌐 www.samaritans.org

Talk Matters

1:1 counselling in Dunfermline.
☎ 01383 626064
✉ info@talkmatters.org
🌐 www.talkmatters.org

The Spark

Couples and individual relationship counselling services in Fife.
☎ 0808 802 0050 (enquiries)
☎ 0808 802 2088 (helpline)
🌐 www.thespark.org.uk

Mental Health

Contact Point

Provides groups, activities and events. Drop-ins Kirkcaldy & Buckhaven.
☎ 0345 140 7777

Crossreach Postnatal Depression Service For mothers or fathers affected by postnatal depression.
☎ 0131 538 7288
🌐 www.crossreach.org.uk

Express Group (Fife)

Support and activities for people with severe mental health problems.
☎ 01592 645331

✉ info@expressgroup.fsnet.co.uk
🌐 www.expressgroupfife.org.uk

Fife Boomerang Association

Organise outdoor pursuits for people recovering from poor mental health.
☎ 01592 775650

Lead Scotland Fife Befriending Project

Provide social support for people who feel isolated as a result of disability, ill health or mental health.
☎ 07950 771875

✉ landree@lead.org.uk

Mind and Be Active

1:1 physical activity health programme for patients with mental health conditions.
☎ 01383 602127

✉ craig.salmond@fife.gcsx.gov.uk

Penumbra (East Area)

Support Groups, 1:1 support, awareness raising and supported housing.
☎ 01383 747 788 (Self-Harm)
☎ 01592 201 872 (Youth)
☎ 01383 728 467 (Supported Living)
✉ east@penumbra.org.uk
🌐 www.penumbra.org.uk

Scottish Association for Mental Health (SAMH) Mental health charity providing community based services.
☎ 0141 530 1000

✉ enquire@samh.org.uk
🌐 www.samh.org.uk

Support in Mind Scotland

Support all those affected by mental illness, including family and carers.
☎ 01592 268388
✉ fifeservices@supportinmindscotland.org.uk
🌐 www.supportinmindscotland.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.
☎ 01592 642 336
✉ info@frasac.org.uk
🌐 www.frasac.org.uk

Kingdom Abuse Survivors Project (KASP)

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 for adult survivors of childhood sexual abuse. Also support for parents, partners and relatives.
☎ 01383 739084
✉ contact@safe-space.co.uk
🌐 www.safe-space.co.uk

Survivors UK Male Rape and Sexual Abuse

Offers 1:1/telephone counselling, group therapy and web chat to adult males.
☎ 0203 598 3898
✉ info@survivorsuk.org
🌐 www.survivorsuk.org

Domestic Abuse

Saje – The Freedom Project

Group courses across Fife for those who have experienced domestic abuse.
☎ 01592 786701
✉ sajescotland@yahoo.co.uk
🌐 www.sajescotland.org

Woman's Aid

For women, young people and children who are experiencing domestic abuse.
☎ 0808 802 5555
✉ info@fifewomensaid.org.uk
🌐 www.fifewomensaid.org.uk

Family

Family Mediation (Fife)

Support and counselling services for marital/family disputes.
☎ 01592 751095
🌐 www.familymediationonline.co.uk

Fife Gingerbread

Support for lone parents and vulnerable and disadvantaged families.
☎ 01333 303124
✉ info@fifegingerbread.org.uk
🌐 www.fifegingerbread.org.uk

Fife Community Mediation

Community & school mediation, transition support/skills training.
☎ 01592 641618
✉ info@fifecm.sacro.org.uk
🌐 www.sacro.org.uk

Home-Start

Provides 1:1 support for families with young children (under 5 years old).
Dunfermline: ☎ 01383 621349
✉ admin@hsdunfermline.co.uk
🌐 www.home-start-dunfermline.org.uk
East Fife: ☎ 01334 477548
✉ admin@homestarteastfife.org.uk
🌐 www.home-start-eastfife.org.uk
Kirkcaldy: ☎ 01592 565285
✉ homestartkirkcaldy@yahoo.co.uk
🌐 www.homestartkirkcaldy.org.uk

Leven: ☎ 01592 719012

✉ levenhomestart@yahoo.co.uk
🌐 www.homestartlevenmouth.org.uk
Lochgelly: ☎ 01592 861103
✉ home_startlochgelly@hotmail.co.uk

The Cottage Family Centre

A family centre for pre-school children.
☎ 01592 269489
✉ info@thecottagefamilycentre.org.uk
🌐 www.thecottagefamilycentre.org.uk