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.
J 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:
J 01592 226 494
louisehutton@nhs.net

Step on Stress Course
Stress & anxiety management courses.
J 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.
J 07770 730268 or 01592 723844
FifeUHB.VeteransFirstPoint@nhs.net
www.veteransfirstpoint.org.uk

Helplines

Breathing Space
Confidential depression, loneliness, anxiety and suicide helpline.
J 0800 83 85 87 (Mon-Thu 6pm-2am; Fri 6pm-Mon 6am)

Carers UK AdviceLine
Advice on financial and practical matters.
J 0808 808 7777 (Mon-Fri 10am-4pm)

Child Line
Confidential helpline for children.
J 0800 1111 (24/7)

Drink Line
Help with own/other’s alcohol issues.
J 0300 123 1110 (Mon-Fri 9am-8pm, Sat-Sun 11am-4pm)

No Panic Helpline
Anxiety disorders helpline.
J 0844 967 48 48 (daily 10am-10pm)

Parent Line Scotland
Free helpline and webchat for anyone with concerns about a child.
J 08000 28 22 33 (Mon-Fri 9am-9pm)

Rape and Sexual Abuse Line
J 0808 800 0188 (Tues, Wed, Thurs 7-10pm)

Rape Crisis National Helpline
For anyone affected by sexual violence.
J 0808 801 03 02 (Daily 6pm-midnight)

Saneline
Out of hours mental health helpline.
J 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.
J 0800 027 1234 (24/7)

Trauma Counselling Line Scotland
Telephone counselling for anyone who experienced abuse as a child.
J 0808 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.
J 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.
J 01333 422277
enquiries@dapl.net
www.dapl.net

Fife Alcohol Support Service (FASS)
Free, Fife-wide, community based, 1:1 alcohol counselling service.
J 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.
J 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.
J 0370 050 8881
www.gascotland.org

Bereavement Services

CRUSE Bereavement Care Scotland
Free 1:1 counselling sessions.
J 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.
J 020 7436 5881 (helpline)
J 08455280322
fife-sands@tiscali.co.uk
www.fifesands.co.uk

Survivors of Bereavement by Suicide
Support for people who have been bereaved by suicide.
J 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.
J 0300 012 4929
enquiries@widowedandyoun.org.uk
www.widowedandyoun.org.uk

Employment

Fife Employment Access Trust
Support to find and sustain work for those with mental health issues.
J 01592 759321
feat@journeytowork.co.uk
www.fifeemploymentaccesstrust.com

SAMH Going Forth
Development, training, education and employment for individuals with severe mental health problems.
J 01383 623179
goingforth@samh.org.uk
www.samh.org.uk

Carer’s Services

Fife Carers Centre
J 01592 205472
centre@fifecarers.co.uk
www.fifecarerscentre.org.uk
See also Carers section on Moodcafé
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@relationshiptscotland.org.uk
🌐 www.relationshiptscotland.org.uk

Samaritans
喾 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.thesspark.org.uk

Express Group (Fife)
Support and activities for people with severe mental health problems.
☎ 01592 645331
✉ info@expressgroup.fsnct.co.uk
🌐 www.expressgroupfife.org.uk

Fife Boomerang Association
Organise outdoor pursuits for people recovering from poor mental health.
☎ 01592 775650
✉ landree@lead.org.uk

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
✉ craig.salmond@fife.gcsx.gov.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
✉ lifeservices@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

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@figingerbread.org.uk
🌐 www.figingerbread.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

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

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

Copies on www.moodcafe.co.uk
Information correct as of August 2017