

**Mental Health Support Services
for Adults in West 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/RC

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 to discuss any issues.

☎ 0800 1111 (24/7)

Drink Line. Help with alcohol related issues.

☎ 0800 7 314 314 (8am-11pm)

No Panic Helpline. Anxiety disorders helpline.

☎ 0800 138 8889 (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
✉ fife@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.wayfoundation.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 counselling service. ☎ 01592 744632 ✉ enquiries@charisfoundation.co.uk 🌐 www.charisfoundation.co.uk Choices Care Confidential. Free, counselling for people affected by unplanned pregnancy, abortion, miscarriage or other baby loss. ☎ 01383 738118 ✉ Dunfermline@careconfidential.com 🌐 www.careconfidential.com/dunfermline Occupational Health Service. If your patient is working, check if they have access to Occupational Health via their employer as they may be able to offer counselling. Relationships Scotland. Offer relationship counselling and family mediation. ☎ 0845 119 2020 ✉ enquiries@relationships-scotland.org.uk 🌐 www.relationships-scotland.org.uk Samaritans. ☎ 08457 90 90 90 ✉ jo@samaritans.org 🌐 www.samaritans.org Scottish Marriage Care. Provides relationship counselling services in Fife. ☎ 0141 222 2166 ✉ info@scottishmarriagecare.org 🌐 www.scottishmarriagecare.org Talk Matters. Offer one to one counselling service. ☎ 01383 626064 ✉ info@talkmatters.org 🌐 www.talkmatters.org	Working Health Services. A prompt, free confidential NHS service for people who are off work sick or struggling to remain at work due to health issues. Eligibility: People of working age and employed by a small company (less than 250 employees) and have no access to Occupational Health. ☎ 0800 019 2211	Finance and Employment Fife Employment Access Trust. Provides support for finding and sustaining work to individuals with a mental health problem. ☎ 01592 759371 ✉ feat@journeytowork.co.uk 🌐 www.f-e-a-t.co.uk	SAMH - Scottish Association for Mental Health. Mental health charity that provides a variety of community based services for individuals with mental health problems. ☎ 0800 9173466 ✉ info@samh.org.uk 🌐 www.samh.org.uk
	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 🌐 www.fifefingerbread.org.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 Web: www.home-start-dunfermline.org.uk Lochgelly: ☎ 01592 861103 ✉ home_startlochgelly@hotmail.co.uk	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	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 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
		Mental Health 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 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 ✉ east@penumbra.org.uk 🌐 www.penumbra.org.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 0207 404 6234 (office line). ✉ info@survivorsuk.org 🌐 www.survivorsuk.org

Produced by NHS Fife Psychology Department

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