

Sam's Café

Sam's is a relaxed space to just be....where you can find people who understand that every day is different

Sam's is accessible to anyone in Fife who is 16+ years old.

You do not need to be referred, individuals are welcome to just pop in.

There are signs for Sam's at the doors in Linton Lane directing you to the Sam's Café room.

A Sam's team member can meet you at the door and walk in with you, please just call the number on this leaflet when you arrive.



MENTAL HEALTH SUPPORT IN FIFE



**Linton Lane Centre
Kirkcaldy
KY2 6LF**

General Enquiries

Tel- 07971892886

Email- sams.cafe@samh.org.uk

Sam's Café Linton Lane Centre

Access ramp, accessible parking and accessible toilet available.
Assistance dogs welcome.

**WEDNESDAY 2-10PM
FRIDAY 2-10PM
SATURDAY 2-10PM
SUNDAY 2-10PM**

www.samh.org.uk

www.lintonlanecentre.com

www.fifehealthandsocialcare.org



The Sam's team offer crisis and mental health support.

Sam's is a relaxed space, where you can get a cuppa and a chat.

The Sam's team are peer workers, they have experience of the mental health journey.

WE BELIEVE IN MAKING A DIFFERENCE

What is peer support?

Peer support is provided by individuals who have experienced mental health issues and a personal recovery journey.

Peers promote a sense of hope and encouragement which role models that recovery is possible-

Peer workers will work with you in developing your resiliency to work through issues.

'I've been where you are, in a slightly different journey however I can speak from a similar experience.'

Sam's is not your average cafe... yes tea & coffee is available for all.... But it's also about having support there if you need it.



The Sam's team value everyone's unique life experiences and resiliency.

The Sam's team work from the foundation that individuals are the drivers of meaningful change and development, on their own unique wellbeing journeys.

Crisis offers an opportunity to learn.



Sam's is a community space for the people of Fife.

Sam's is here if you feel that you are in crisis and would benefit from having peer support.

Opportunities to take part in various workshops will also be available should you wish to.

HOPE
CHANGES EVERYTHING