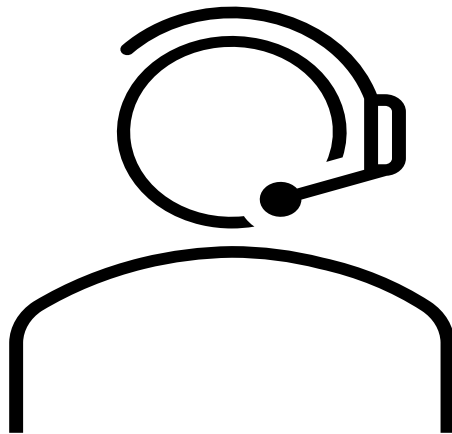


# Support Service Directory (Fife)



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# Advocacy Services

## Include Me

C/o Fife Voluntary Action, 69 Crossgate, Cupar, Fife, KY15 5AS

Tel: Tuesday to Thursday 07487 566 937

Monday to Wednesday 07487 566 442

Email: [contact@includeme.org.uk](mailto:contact@includeme.org.uk)

Website: <https://www.includeme.org.uk>

**Citizen Advocacy for vulnerable adults in North East Fife.**

## Kindred in Fife

Kindred Advocacy, Unit 11 Dunfermline Business Centre, Izatt Avenue

Tel: 0800 031 5793

Email: [FifeEnquiries@kindred-scotland.org](mailto:FifeEnquiries@kindred-scotland.org)

Website: <https://www.kindred-scotland.org/fife>

Early peer-led advocacy and support for parents of children with complex needs in Scotland.

# Addiction

## Alcohol Focus

2nd Floor, 166 Buchanan Street, Glasgow, G1 2LW.

Tel: 0141 572 6700

Email: [enquiries@alcohol-focus-scotland.org.uk](mailto:enquiries@alcohol-focus-scotland.org.uk)

Website: <https://www.alcohol-focus-scotland.org.uk/>

**Working to reduce harm caused by alcohol.**

## Talk To Frank

Tel: 0300 123 6600

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

Website: <https://www.talktofrank.com/>

**Talk to Frank is a website that provides comprehensive information about drugs in the UK.**

## We are with you (Fife) Harm Reduction Service

Grieg Institute, Forth Street, Leven, KY8 4PF

Tel: 0800 917 9211

Email: [fife@wearewithyou.org.uk](mailto:fife@wearewithyou.org.uk)

Website: <https://www.wearewithyou.org.uk/local-hubs/fife/contact-us>

**We envision a world where anyone facing drug, alcohol, or mental health challenges gets timely support. We provide free, confidential help to those in need.**

## FASS

Fife Alcohol Support Services (FASS) 24 Hill Street, Kirkcaldy, KY1 1HX

Tel: 01592 206 200

Email: [enquiries@fassaction.org.uk](mailto:enquiries@fassaction.org.uk)

Website: <https://www.fassaction.org.uk>

**FASS supports vulnerable people affected by alcohol and substance misuse, as well as carers and those who are socially isolated.**

## Alcoholics Anonymous

Baltic Chambers, 50 Wellington Street, Glasgow, G2 6HJ

Tel: 0800 917 7650

Email: [help@aamail.org](mailto:help@aamail.org)

Website: <https://www.alcoholics-anonymous.org.uk/>

**Alcoholics Anonymous is a community of people who come together with one aim: to stay sober and help other alcoholics seeking help to stop drinking.**

## Drugwise

Website: <http://www.drugwise.org.uk>

**DrugWise aim to provide evidence-based, non-judgmental information and promote effective responses to drug use and policy.**

### Alanon Family Groups

Meetings on Tuesdays held: Bennochry Parish Church Kirkcaldy

Meetings on Wednesday held: St Columbas Church Hall Cupra

Tel: 0800 0086 811 (Helpline)

Email: [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

Website: <http://www.al-anonuk.org.uk>

**Al-Anon offers support for anyone affected by someone else's drinking. Meetings provide a safe, non-judgmental space to share—or simply listen.**

### Clued Up (support for under 25-year-olds)

The Bunker 441 High Street, Kirkcaldy, KU1 2SN

Tel: 01592 858 248

Email: [info@clueduup-project.org.uk](mailto:info@clueduup-project.org.uk)

Website: <http://www.cluedup-project.org.uk/>

**Clued Up offers youth-friendly support and information on substance use for under-26s in Fife, promoting wellbeing through education, prevention, and early intervention.**

### Drugs, Alcohol & Psychotherapies Ltd (DAPL)

1-2 Parkdale Avenue, Leven, Fife, KY8 5AQ

13 Wemyssfield, Kirkcaldy, Fife KY1 1XN

Tel: Landline 01333 422 277

Mobile 07584 233 877

Email: [enquiries@dapl.net](mailto:enquiries@dapl.net)

Website: <http://www.dapl.net/contact/>

**Free, confidential counselling for those affected by substance use and emotional distress in Fife.**

### Fife Alcohol & Drug Partnership

Brunton House, High Street, Cowdenbeath, KY4 9QU

Tel: 01592 321 321

Email: [alcohol.druginfo@fife.gov.uk](mailto:alcohol.druginfo@fife.gov.uk)

Website: <https://www.fifeadp.org.uk>

**Our vision is to enable all people in Fife affected by drug and alcohol use to have healthy, safe and satisfying lives free from stigma.**

## Fife Intensive Rehabilitation and Substance Misuse Team

Carlyle House, Carlyle Road, Kirkcaldy, KY1 1DB

Tel: 01592 585 960

Email: [enquiries@firstforfife.co.uk](mailto:enquiries@firstforfife.co.uk)

Website: [www.firstforfife.co.uk](http://www.firstforfife.co.uk)

**Provide a community-based rehabilitation in Fife for people with drug or alcohol issues through one-to-one, group, and volunteer support—helping clients change their lifestyle.**

## NHS Addiction

3 Different locations across fife (see website)

Tel: 01592 716 446

Email: [fife.addictionservicesadmin@nhs.scot](mailto:fife.addictionservicesadmin@nhs.scot)

Website: <https://www.nhsfife.org/services/all-services/addiction-services/>

**Support available for those struggling with addictions in Fife.**

# Animals & Pets

## Scottish SSPCA

Kingseat Road, Halbeath, Dunfermline, Fife, KY11 8RY.

Tel: 03000 999 999

Email: [feedback@scottishspca.org](mailto:feedback@scottishspca.org)

Website: <https://www.scottishspca.org>

**The Scottish SSPCA is Scotland's leading animal charity, rescuing and rehoming animals, investigating cruelty, and promoting animal welfare through education and advocacy.**

## Dogs Trust Glasgow

315 Hamilton Road, Uddingston, Glasgow, G71 7SL

Tel: 0141 773 5130

Website: <https://www.dogstrust.org.uk>

**Dogs Trust is the UK's largest dog welfare charity, supporting stray and unwanted dogs through care, rehabilitation, rehoming, and education.**

# Care Services

## Dementia Resource Centre (Falkirk - Forth Valley)

35 Johnston Avenue, Stenhousemuir, FK5 4JZ

Tel: 01324 559 480

Email: [FalkirkServices@Alzscot.org](mailto:FalkirkServices@Alzscot.org)

**Provide information, advice, and support to those affected by dementia.**

## Later Life Choices Glenrothes

100 Scott Road, Glenrothes

Tel: 01592 756 316

Email: [info@laterlifechoicesglenrothes.org](mailto:info@laterlifechoicesglenrothes.org)

Website: [Dementia](#) | [Laterlifechoices](#) | [Scotland](#)

**Later Life Choices Glenrothes supports older people in and around Glenrothes, promoting independence, confidence, and reducing isolation through activities, companionship, and tailored services.**

## Age Scotland

Age Scotland, Causeway side House, 160 Causeway side, Edinburgh, EH9 1PR

**Tel:** 08001 244 222

**Email:** [helpline@agescotland.org.uk](mailto:helpline@agescotland.org.uk)

**Website:** [www.agescotland.org.uk](http://www.agescotland.org.uk)

**We stand with and support people in Scotland so they can grow older with security, are valued and connected and have a good quality of life.**

## Alzheimer's Scotland

160 Dundee Street, Edinburgh, EH11 1DQ

Tel: 08088 083 000 (24hr Helpline) 0300 373 5774 (dementia advisor)

Email: [Contact us](#) | [Alzheimer Scotland](#)

Website: <https://www.alzscot.org>

**We provide support and information to people with dementia, their carers and families, we campaign for the rights of people with dementia and fund vital dementia research.**

## Dementia Resource Centre (Clacks & Stirling)

2-4 Mill Street, Alloa, FK10 1DT

Tel: 07970 784 590

Email: [dpriestley@alzscot.org](mailto:dpriestley@alzscot.org)

**Provide information, advice, and support to those affected by dementia.**

### Telecare Mobile Emergency Service (MECS)

Ludgate House, Mar Place, Alloa, FK10 2AD

Tel: 01259 226 833

Email: ludgateadmin@clacks.gov.uk

Website: <https://www.clacks.gov.uk/social/mecs/>

**Provided by Social Services, lets vulnerable people call for emergency help anytime.**

### Dementia Services Development Centre

Iris Muroch Building, University of Stirling, FK9 4NF

Tel: 01786 467 745 & 01786 467 350

Email: dementia@stir.ac.uk

Website: <https://www.dementia.stir.ac.uk/>

**Dedicated to improving the lives of people with dementia.**

### Aberlour Options Fife

3 Different locations across fife (see website)

Tel: Different locations have different no: (see website)

Email: options.fife@aberlour.org.uk & liz.nolan@aberlour.org.uk

Website: <https://www.aberlour.org.uk>

**Aberlour Children's Charity helps disadvantaged children and families in Scotland have a brighter future.**

## Children & Families

### Scottish Society for Autism

Hilton House, Alloa Business Park, Whins Road, Alloa FK10 3SA

Tel: 01259 720 044

Email: autism@scottishautism.org

Website: <https://www.scottishautism.org>

**Confidential, personalized autism support for individuals, families, and professionals.**

### Barnardo's Fife

Merchant Place, Mitchelston Industrial Estate, Kirkcaldy, KY1 3NJ

Tel: 01592 651 482

Email: [fifeservices@barnardos.org.uk](mailto:fifeservices@barnardos.org.uk)

Website: <https://barnardos.org.uk>

**To assist children and their families to prevent family breakdown through the provision of intensive assessment and support services including parenting work.**

### Fife Gingerbread

Unit 9 Craig Mitchell House, Flemington Road, Queensway Ind Est Glenrothes, KY7 5QF

Tel: 01592 725 210

Email: [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk)

Website: <https://www.fifegingerbread.org.uk>

**To provide accessible, approachable and non-judgemental support, to families.**

### Home-Start Clackmannanshire

41 Bruce Street, Dunfermline, KY12 7AG

Tel: 01383 621 349

Website: <https://www.home-start-dunfermline.org.uk>

**Expert support, helping families with young children through tough times.**

### Play on Wheels

Smart Play Network, 16 Constitution Street, Edinburgh ,EH6 7BT

Tel: 0131 554 2620

Website: <https://www.smartplaynetwork.org>

**At Smart Play Network we work to ensure that play services across Scotland are supported and valued.**

### The Cottage Family Centre

29-31 Cawdor Crescent, Kirkcaldy, KY2 6LH

Tel: 01592 269 489

Email: [info@thecottagefamilycentre.org.uk](mailto:info@thecottagefamilycentre.org.uk)

Website: <https://www.thecottagefamilycentre.org.uk>

**The Cottage Family Centre in Fife is a charity based in Kirkcaldy that supports vulnerable children (aged 0–16) and their families**

# Counselling & Mediation

## Family Mediation (Relationships Scotland)

30 North Street, Glenrothes, KY7 5NA

Tel: 01592 751 095

Email: [info@familymediationonline.co.uk](mailto:info@familymediationonline.co.uk)

Website: <https://www.familymediationonline.co.uk>

**Family Mediation (Relationships Scotland) in Glenrothes is part of Relationships Scotland Tayside & Fife, which provides support for people experiencing relationship difficulties and family conflict.**

## The Spark Counselling

61-63 Murray Place, Stirling, FK8 1AP

Tel: 0808 802 2088

Website: <https://thespark.org.uk>

**Counselling and mental health support for all, across Scotland and the UK.**

# Crime & Court

## Victim Support – Fife

9 Pentland Court, Glenrothes, KY6 2DA

Tel: Phone: 01592 807 090 or National Helpline 0800 160 1985

Email: [victimsupport.fife@victimsupportsco.org.uk](mailto:victimsupport.fife@victimsupportsco.org.uk)

Website: <https://www.victimsupportsco.org.uk/>

**We provide support and information to people affected by crime.**

# Employment

## Fife Job Centre Plus

Glenrothes: 3 Postgate, KY7 5LL

Kirkcaldy: 5 Hunter Street, KY1 1ED

Cupar: 7 West Port, KY15 4AN

Dunfermline, Leven, St Andrews, Cowdenbeath also have offices

Tel: 0800 169 0190

Website: <https://www.jobcentrenearme.com/item/dunfermline-jobcentre/>

**Fife Jobcentre Plus is part of the UK Department for Work and Pensions (DWP) network that provides employment and benefits support.**

## Kingdom Works

Boston View, Boston Road, Glenrothes

Tel: 01592 631 991

Email: [kingdomworks@kha.scot](mailto:kingdomworks@kha.scot)

Website: <https://www.kingdomhousing.org.uk/fife-works/>

**Its main purpose is to help people across Fife access work, training, and career development opportunities.**

# Energy

## Cosy Kingdom

8 East Fergus Place, Kirkcaldy, KY1 1XT

Tel: 01592 807 930

Email: [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk)

Website: <https://www.cosykingdom.org.uk>

**Cosy Kingdom is a free and impartial energy advice service for anyone living in Fife.**

### Home energy Scotland

72 Charlotte Street, Glasgow, G1 5DW

Tel: 0808 808 2282

Website: <https://www.homeenergyscotland.org/>

**Home Energy Scotland (HES) is a free, impartial advice service funded by the Scottish Government and managed by Energy Saving Trust.**

### Wise group

The Wise group, 72 Charlotte Street, Glasgow, G1 5DW

Tel: 0141 303 3131

Email: [enquiries@thewisegroup.co.uk](mailto:enquiries@thewisegroup.co.uk)

Website: <http://thewisegroup.co.uk>

**The Wise Group is a leading social enterprise dedicated to transforming lives and lifting people out of poverty.**

## Financial

### Money Advice Scotland

5 Redwood Crescent, East Kilbride Glasgow, G74 5PA

Email: [info@moneyadvicescotland.org.uk](mailto:info@moneyadvicescotland.org.uk)

Website: <http://www.moneyadvicescotland.org.uk>

**We exist to help people in debt, support money advisers, and influence policy.**

### Citizens Advice Rights Fife (CARF) (Money Advice)

Craig Mitchell House, Flemington Road, Glenrothes, KY7 5QF

Tel: 0345 140 0095

Email: [moneyadvice.cabfife.org.uk](mailto:moneyadvice.cabfife.org.uk)

Website: <https://www.cabfife.org.uk>

**Citizens Advice Rights Fife (CARF) – Money Advice provides free, confidential, and impartial support for people in Fife who are struggling with money or debt issues.**

# Food Banks

## Dunfermline Foodbank

Liberty Centre, Pitreavie Way, Pitreavie Business Park, Dunfermline, KY11 8QS

Tel: 07580 231 286

Email: [info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

Website: <https://www.dunfermline.foodbank.org.uk>

**Dunfermline Foodbank is part of the Trussell Trust network and provides emergency food parcels to people in crisis across Southwest Fife.**

## Trussell

Unit 9, Ashfield Trading Estate, Salisbury, SP2 7HL

Tel: 01722 580 180

Email: [info@trusselltrust.org](mailto:info@trusselltrust.org)

Website: <https://trusselltrust.org>

**Trussell (formerly the trussell trusty) is a UK-wide anti-poverty charity whose main goal is to end the need for food banks.**

# Homelessness

## Shelter

Tel: 0808 800 4444

Email: Contact Shelter Scotland through web chat or by calling our helpline

Website: <https://scotland.shelter.org.uk>

**We exist to defend the right to a safe home and fight the devastating impact the housing emergency has on people and society.**

## Frontline Fife

57–59 View forth Street, Kirkcaldy, KY1 3DJ

Tel: 01592 800 430

Email: [info@frontlinefife.co.uk](mailto:info@frontlinefife.co.uk)

Website: <https://www.frontlinefife.co.uk/>

**Frontline Fife is a homelessness prevention and housing support charity based in Fife.**

## Fife Council Homeless Prevention

Homeless Advice & Prevention Fife House, North Street, Glenrothes, KY7 5LT

Tel: 24/7 helpline for urgent cases: 0800 028 6231. Housing Advice Line: 03451 55 00 33 (Mon–Fri, 8am–6pm)

Email: [housing.information@fife.gov.uk](mailto:housing.information@fife.gov.uk)

Website: <https://www.fife.gov.uk/kb/docs/articles/housing/homelessness-and-prevention>

**Fife Council's Homeless Prevention Service works to stop people becoming homeless and support those who already are.**

# Housing

## Bield Housing Association (Amenity, Retirement & Sheltered Housing)

79 Hopetoun Street, Edinburgh, EH7 4QF

Tel: 0131 273 4000

Email: [info@bield.co.uk](mailto:info@bield.co.uk)

Website: <https://www.bield.co.uk>

**Bield Housing Association is one of Scotland's largest providers of housing and support services for older people.**

## Cairn Housing Association

Bellevue House, 22 Hopetoun Street, Edinburgh, EH7 4GH

Tel: 0800 990 3405

Email: [enquiries@cairnha.com](mailto:enquiries@cairnha.com)

Website: <https://www.cairnha.com>

**Cairn Housing Association is a Scottish charity that provides affordable homes and related services.**

## Hanover Housing Association (Sheltered Housing)

95 McDonald Road, Edinburgh, EH7 4NS

Tel: 0800 111 4646

Email: [hello@hanover.scot](mailto:hello@hanover.scot)

Website: <https://www.hanover.scot/>

**Forty years of trusted housing and care.**

### Dunedin Canmore

8 New Mart Road, Edinburgh, EH14 1RL

Tel: 0800 561 0088 (Freephone) 0131 478 8888 (Local)

Email: [talk@dunedincanmore.org.uk](mailto:talk@dunedincanmore.org.uk)

Website: <https://www.dunedincanmore.org.uk/>

**Dunedin Canmore, part of Wheatley Homes East, provides affordable housing across Edinburgh, the Lothians, and Fife.**

### Trust Housing Association (Supported, Amenity & Sheltered Housing)

12 New Mart Road, Edinburgh, EH14 1RL

Tel: 0131 444 1200 & 01698 377 200

Email: [info@trustha.org.uk](mailto:info@trustha.org.uk)

Website: <https://www.trustha.org.uk>

**Here to make a positive difference to the lives of the communities.**

### Fife Council

Fife House, North Street, Glenrothes, KY7 5LT

Tel: 03451 55 55 55

Email: <https://www.fife.gov.uk/contact-us>

Website: [fife.council@fife.gov.uk](mailto:fife.council@fife.gov.uk)

**Fife Council's main duties include education, housing, social care, roads and transport, planning, waste and recycling, council tax and benefits, and community safety.**

### Fife Housing Group

7 Pitreavie Court, Pitreavie Business Park, Dunfermline, KY11 8UU

Tel: 08000 274 007 (Freephone) 01383 606 162 (General enquiries)

Email: [info@fifehg.org.uk](mailto:info@fifehg.org.uk)

Website: [www.fifehg.org.uk](http://www.fifehg.org.uk)

**Fife Housing Group provides affordable homes for people across Fife.**

### Glen Housing Association

28 Heimdal Gardens, Glenrothes, Fife, KY7 6TZ

Tel: 01592 621 188

Email: [info@glenhousing.co.uk](mailto:info@glenhousing.co.uk)

Website: <http://www.glenhousing.co.uk/>

**Glen Housing Association provides affordable homes for rent in areas like Glenrothes, Milton of Balgonie, Windyates, and Levenmouth.**

### Hillcrest Homes

1 Explorer Road, Dundee, DD2 1EG

Tel: 0300 123 2640

Email: [customerservices@hillcrest.org.uk](mailto:customerservices@hillcrest.org.uk)

Website: <https://hillcrest.org.uk/>

**Hillcrest Homes offer homes for rent, maintain properties, and carry out repairs to keep homes safe and comfortable.**

### Kingdom Housing Association

Saltire Centre, Pentland Court, Glenrothes, KY6 2DA

Tel: 01592 630 922

Email: [customerservices@kingdomhousing.org.uk](mailto:customerservices@kingdomhousing.org.uk)

Website: <http://kingdomhousing.org.uk>

**Kingdom Housing Association provides affordable homes for rent and sale across Fife and East Central Scotland.**

### Ore Valley Housing Association

114-116 Station Road, Cardenden, KY5 0BW

Tel: 01592 721917

Email: [ovha@orevalleyha.org.uk](mailto:ovha@orevalleyha.org.uk)

Website: <https://www.orevalleyha.org.uk>

**Ore Valley Housing Association look after properties, carry out repairs, and offer support to tenants with things like benefits advice, budgeting, and help to maintain tenancies.**

### Trust Housing Association (Supported & Retirement Housing)

12 New Mart Road, Edinburgh, EH14 1RL

Tel: 0131 444 1200 - Emergency (out of hours): 0141 959 9927

Email: [info@trustha.org.uk](mailto:info@trustha.org.uk)

Website: <https://www.trustha.org.uk>

**Trust Housing Association offer safe, comfortable homes with services that help residents live independently, such as emergency alarms, housing support, and links to care services when needed.**

# Legal Advice

## Legal Services (LSA)

Savoy house, 2nd Floor 140 Sauchie hall Street, Glasgow, G2 3DH.

Tel: 0141 353 3354

Email: [mail@lsa.org.uk](mailto:mail@lsa.org.uk)

Website: <https://lsa.org.uk/>

**Legal support that transforms lives.**

## Scottish Women's Rights Centre (SWRC)

2nd Floor, 134-138 West Regent Street, Glasgow, G2 2RQ

Tel: 0808 8010 789

Email: <https://www.scottishwomensrightscentre.org.uk/contact-form/>

Website: <https://www.scottishwomensrightscentre.org.uk/>

**Offers free legal advice and advocacy for women 16+ affected by gender-based violence, including domestic abuse and sexual violence.**

## Fife Law Centre

Ore Valley Business Centre, 93 Main Street, Lochgelly, Fife, KY5 9AF

Tel: 01592 786710

Email: [info@fifelawcentre.co.uk](mailto:info@fifelawcentre.co.uk)

Website: <https://www.fifelawcentre.co.uk/>

**Fife Law Centre is a charity that offers free legal advice and representation to people living in Fife who cannot afford legal services.**

# Mental Health

## Breathing Space

Tel: 0800 838 587

Website: <https://breathingspace.scot/>

**A free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.**

### Access Therapy

Psychology department, lynebank hospital, halbeath road, Dunfermline, KY11 8JH

Tel: 01383 565 427

Email: Fife.atfife@nhs.scot

Website: <https://www.accesstherapiesfife.scot.nhs.uk/>

**Access Therapies Fife is an NHS mental health service that helps adults in Fife access psychological therapies and self-help resources.**

### NHS Living Life

Tel: 0800 328 9655

Website: <https://www.nhs24.scot/how-we-can-help/living-life/>

**Living Life is a free phone service offering therapy for anyone in Scotland aged 16 and over with low mood, depression & anxiety.**

### Fife Employment Access Trust

3 Silverburn Cottages, Silverburn Park, Largo Road, Leven, KY8 5PU

Tel: 01592 759 371

Email: [info@fear.org.uk](mailto:info@fear.org.uk)

Website: [www.fifeemploymentaccesstrust.com](http://www.fifeemploymentaccesstrust.com)

**Fife Employment Access Trust (FEAT) is a mental health and employability charity based in Fife.**

### Lead Scotland Fife Befriending Project

studio 1.09, St Margaret's Huse, 151 London Road, Edinburgh, EH7 6AE

Tel: Befriending Coordinator (Kirstyn) – 07775 844885

Email: [fifeadultbefriending@lead.org.uk](mailto:fifeadultbefriending@lead.org.uk)

Website: <https://www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator/>

**Lead Scotland's Fife Befriending Project is designed to reduce social isolation and loneliness among adults and older people in Fife, particularly those affected by disability, ill health, or other circumstances.**

### Penumbra Fife Self-harm project

Wymet House, 89 New Row, Dunfermline, KY12 7DZ

Tel: Self Harm Project – 01383 747 788

Email: [selfharm.fife@penumbra.org.uk](mailto:selfharm.fife@penumbra.org.uk)

Website: <https://penumbra.org.uk/lottery-success-for-penumbras-self-harm-project-in-fife/>

**Penumbra's Fife Self-Harm Project is a specialist mental health service designed to support people who self-harm and those affected by it.**

## Sams Café

**Kirkcaldy:** Greener Kirkcaldy, 8 East Fergus Place, KY1 1XT

**Leven:** Forth Street Hall, KY8 4PF 0 Sat: 9am – 5pm

**Dunfermline:** First House, Woodmill Road, KY11 4SS -, Sun: 9am – 5pm

Tel: Kirkcaldy - 07971 892886, Leven - 07568 127735, Dunfermline - 07725 214012

Email: [sams.cafe@samh.org.uk](mailto:sams.cafe@samh.org.uk)

Website: [www.samscafe.org.uk](http://www.samscafe.org.uk)

**Sam's Café aim is to provide free, accessible, one-to-one support for people aged 16+ (and no longer in school) who are experiencing mental health challenges, emotional distress, or suicidal thoughts.**

## See Me

Brunswick House, 51 Wilson Street, Glasgow G1 1UZ

Tel: 0141 530 1111

Email: [info@seemescotland.org](mailto:info@seemescotland.org)

Website: <https://www.disabilityscot.org.uk/organisation/see-me/>

**See Me is Scotland's national programme to end mental health stigma and discrimination.**

## Mood Café

Psychology Department Lynebank Hospital, Halbeath Road, Dunfermline, KY11 8JH

Email: [Fife.moodcafe@nhs.scot](mailto:Fife.moodcafe@nhs.scot)

Website: <https://www.moodcafe.co.uk>

**Promoting mental health from fife, Information and resources to help you understand and improve your mental health.**

## Change Mental Health

John Hunter House, Hunter Street, Kirkcaldy, KY1 1EQ

Tel: (Information Line): 0300 323 1545 Office Number: 0131 662 435

Email: [info@changemh.org](mailto:info@changemh.org)

Website: [www.changemh.org](http://www.changemh.org)

**Change Mental Health (formerly Support in Mind Scotland) is a national mental health charity working across Scotland to ensure no one faces mental illness alone.**

## LGBT Health & Wellbeing

Duncan Place Community Hub, 4 Duncan Place, Edinburgh, EH6 8HW

Tel: LGBT+ Helpline Scotland – 0800 464 7000

Email: [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

Website: <https://www.lgbthealth.org.uk>

**LGBT Health & Wellbeing is a Scottish charity dedicated to improving the health, wellbeing, and equality of LGBTQ+ adults (16+) across Scotland.**

# Social Services

## Out Of Hours Emergency

Bankhead Central, Bankhead Park, Glenrothes, KY7 6GH

Tel: All have their own numbers see websites

Website: <https://www.fife.gov.uk/contact-us/contact-us-3/phone-numbers>

<https://www.nhsfife.org/services/all-services/urgent-care-service-fife/>

**The Fife Out of Hours Emergency Service provides urgent help when GP surgeries, social care offices, or council services are closed.**

## Adult Protection Services

Social Work Contact Centre, Bankhead Central, Bankhead Park, Glenrothes, KY7 6GH

Tel: 01383 602 200

Email: [sw.contactctr@fife.gov.uk](mailto:sw.contactctr@fife.gov.uk)

Website: <https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/adult-support-and-protection>

**Adult Protection Services in Fife exist to safeguard adults who may be at risk of harm, abuse, or neglect, in line with the Adult Support and Protection Act 2007.**

## Child Protection Services

Social Work Contact Centre, Bankhead Central, Bankhead Park, Glenrothes, KY7 6GH

Tel: (Office Hours): 03451 55 15 03 Emergency (Out of Hours): 03451 55 00 99

Email: [sw.contactctr@fife.gov.uk](mailto:sw.contactctr@fife.gov.uk)

Website: <https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-young-people/child-protection>

**Child Protection Services in Fife exist to safeguard children and young people who may be at risk of harm, abuse, or neglect, in line with Scotland's National Child Protection Guidance**

# Stalking Organisations

## Action Against Stalking (AAS)

Room 2, 071 University of West of Scotland, Ayr Campus, University Avenue Ayr, KA8 0SX

Tel: 0800 820 2427

Email: [support@actionagainststalking.org](mailto:support@actionagainststalking.org)

Website: <https://www.actionagainststalking.org/>

**To create a world free from psychological and predatory threats by raising awareness, championing victims' rights, and providing support to those affected.**

## National Stalking Helpline (Suzy Lamplugh Trust)

The Foundry 17-19 Oval way London, SE11 5RR

Tel: 0808 802 0300

Email: [info@suzylamplugh.org](mailto:info@suzylamplugh.org)

Website: <https://www.suzylamplugh.org/contact>

**Our mission is to reduce the risk and prevalence of abuse, aggression, and violence.**

# Violence & Abuse

## Abused Men in Scotland (AMIS) Domestic Abuse and transgender Men

Tel: 03300 949 395

Email: [contact@amis.org.uk](mailto:contact@amis.org.uk)

Website: <https://abusedmeninscotland.org>

**We are Scotland's helpline for male domestic abuse victims.**

### Fife Women's Aid

Suite 1, First Floor, Saltire House, Pentland Park, Glenrothes, KY6 2AL

Tel: 01383 732 289

Email: [info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)

Website: <http://www.fifewomensaid.org.uk/>

**Fife Women's Aid (FWA) is a charity in Fife, Scotland, that provides specialist support for women, children, and young people affected by domestic abuse.**

### Fife Rape & Sexual Assault Centre

38/40 High Street, Kirkcaldy, KY1 1LU

Tel: 01592 642 336

Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)

Website: <https://www.frasac.org.uk/>

**The Fife Rape & Sexual Assault Centre (FRASAC) is an independent voluntary organization based in Fife, Scotland, that provides free, confidential support to anyone aged 12 and over who has experienced sexual violence at any point in their life.**

### Galop (LGBT Domestic Abuse Helpline)

Tel: 0800 999 5428

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

Website: <https://galop.org.uk/>

**Galop is the UK's LGBT+ anti-abuse charity. We work with and for LGBT+ victims and survivors of abuse and violence.**

### Hemat Gryffe Women's Aid (Safe Refuge for BME Women & Children)

Willowbank Crescent, Glasgow, G3 6LZ

Tel: 0141 353 0859

Email: [womensaid@hematgryffe.org.uk](mailto:womensaid@hematgryffe.org.uk)

Website: <https://hematgryffe.org.uk>

**Gryffe Women's Aid commitment is to the vulnerable women, children and young people requiring our help, support, and protection.**

### Kingdom Abuse Survivors Project (KASP)

182A Esplanade, Kirkcaldy, Fife, KY1 1RE

Tel: 01592 644 217

Email: [info@kasp.org.uk](mailto:info@kasp.org.uk)

Website: <http://www.kasp.org.uk/>

**The Kingdom Abuse Survivors Project (KASP) is a specialist charity based in Fife, Scotland, that supports adult survivors of childhood sexual abuse.**

### Public Protection Unit (DAU)

Tulliallan Castle, Kincardine, Fife, FK10 4BE

Tel: Emergency: Dial 999 if someone is in immediate danger.

Non-Emergency: Call 101 or visit Police Scotland Domestic Abuse page.

Email: [safeguarding@scotland.police.uk](mailto:safeguarding@scotland.police.uk)

Website: <https://www.scotland.police.uk/advice-and-information/domestic-abuse/>

**The Public Protection Unit (PPU), specifically the Domestic Abuse Unit (DAU) within Police Scotland, is a specialist policing team focused on safeguarding vulnerable individuals and addressing domestic abuse cases.**

### Men's Advice Line

Tel: 0808 801 0327

Email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

Website: [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**The Men's Advice Line is a UK-wide confidential support service for men experiencing domestic abuse.**

### NHS Forth Valley -Prebirth Planning Service

Women & Children Unit, Forth Valley Royal Hospital, Stirling Road, Larbert, FK5 4WR

Tel: 01324 567 124

Email: [FV-UHB.PreBirthPlanning@nhs.net](mailto:FV-UHB.PreBirthPlanning@nhs.net)

**NHS Forth Valley Prebirth Planning Service provides extra support for vulnerable pregnant women, including those affected by domestic abuse. We collaborate with you to plan care and ensure safety for both mother and baby.**

## Scottish Domestic Abuse and Forced Marriage Helpline

Tel: Telephone: 0800 027 1234 Text/Whats app: 07401 288 595

Email: [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

Website: <https://www.sdafmh.org.uk/en/>

**Support for anyone affected by domestic abuse or forced marriage, as well as their families, friends, and professionals.**

## Shakti Women's Aid

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

Tel: 24-hour helpline – 0800 271 234 & Telephone women's aid - 0131 475 2399

Email: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

Website: <https://www.shaktiedinburgh.co.uk>

**We offer safe temporary housing, a supportive environment, and follow-up care after leaving refuge or temporary housing.**

## Trafficking Awareness Raising Alliance (TARA)

Tel: 0141 276 7724

Email: <https://www.tarascotland.org.uk/article/5247/Contact-Us>

Website: <https://www.tarascotland.org.uk/>

**We collaborate with women to provide trauma informed, practical, and emotional support to recover from their experiences.**

## UK Forced Marriage Unit

Tel: hone (UK): 020 7008 0151, overseas: +44 (0)20 7008 0151, (emergency): 020 7008 5000

Email: [fmufcdo.gov.uk](mailto:fmufcdo.gov.uk)

Website: <https://www.gov.uk/forced-marriage>

**The FMU purpose is to combat forced marriage and support victims.**

## Safe Space

Unit 28, The Gatehouse, Dunfermline Business Centre, Izatt Avenue, Dunfermline, Fife, KY11 3BZ

Tel: 01383 739 084

Email: [contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)

Website: <https://safe-space.co.uk/>

**Safe Space is based in Fife and focuses on supporting survivors of childhood sexual abuse One-to-One Counselling.**

## NSPCC - Female Genital Mutilation

Tel: 0800 028 3550

Email: [fgm.help@nspcc.org.uk](mailto:fgm.help@nspcc.org.uk)

Website: Female Genital Mutilation - Prevent & Protect | NSPCC

**The NSPCC runs a dedicated program to prevent and respond to Female Genital Mutilation in the UK.**

## Respect Phone Line (support to perpetrators of domestic abuse)

Tel: 0808 802 4040

Email: Online webchat available

Website: <http://www.respectphoneline.org.uk>

**To offer confidential and honest advice to help you stop being violent.**

## Revenge Porn Helpline

Tel: 0345 6000 459

Email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)

Website: <https://www.revengepornhelpline.org.uk>

**The Revenge Porn Helpline supports thousands of UK adults affected by intimate image abuse each year.**

## Revive Scotland-Homefinder UK

Tel: 0203 823 1072

Email: [enquiries@homefinderuk.org](mailto:enquiries@homefinderuk.org)

Website: <https://homefinderuk.org/>

**A specialist housing service designed to help women and families fleeing domestic abuse move to safe and permanent social housing in Scotland and across the UK.**

## ManKind Initiative

Tel: Freephone: 0808 800 1170 (does not appear on phone bills)

Alternative: 01823 334244 (for those with inclusive minutes)

Hours: Monday–Friday, 10:00 AM – 4:00 PM (excluding bank holidays)

Email: [admin@mankind.org.uk](mailto:admin@mankind.org.uk)

Website: [www.mankind.org.uk](http://www.mankind.org.uk)

**The ManKind Initiative is a UK-based charity that focuses on supporting male victims of domestic abuse and domestic violence.**

# Police Scotland

## Police - non-emergency

Police Scotland – Fife Division HQ Detroit Road, Glenrothes, KY6 2RJ

Tel: 101

Website: <https://www.scotland.police.uk/contact-us/>

**The Police Non-Emergency service in the UK (including Scotland) is designed for situations that require police assistance but are not life-threatening or urgent.**

## Domestic Abuse Investigation Unit

Police Scotland – Fife Division HQ Detroit Road, Glenrothes, KY6 2RJ

Tel: Phone: 01592 418 886 or 01592 418 465

Email: [FifeDAIU@scotland.pnn.police.uk](mailto:FifeDAIU@scotland.pnn.police.uk)

**A specialist team focused on investigating domestic abuse cases and safeguarding victims.**

## Other

### Clackmannanshire Citizens Advice Bureau

Glebe Hall, Burgh Mews, Alloa, FK10 1HS

Tel: 01259 219 404

Email: <https://www.clackscab.org.uk/contact-us>

Website: <https://clackmannanshire.cas.org.uk/>

**Clackmannanshire CAB Delivers free, impartial and confidential advice to Clackmannanshire residents.**

### C-Mee Ltd

The Hub, Whins Road, Alloa, FK10 3SA

Tel: 01259 928 388

Email: [jane@c-mee.co.uk](mailto:jane@c-mee.co.uk)

**C-Mee Ltd is a private limited company focused on recruitment and employment placement services.**





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