

Occupational Therapy – Adult Learning Disability Service

Well-Being Resources

This handout aims to list some resources in Fife for Adults with a Learning Disability who require support to manage their mental wellbeing

Access Fife Therapies



Telephone Number:
01383 565427

Email:
Fife.atfife@nhs.scot

Website:
www.accesstherapiesfife.scot.nhs.uk/

Breathing Space



Telephone Number:
0800 838 587

Website:
www.breathingspacescotland.co.uk

What's On Fife



Telephone Number:
01592 583204

Email:
adminFCT@onfife.com

Website:
www.onfife.com/whats-on/brochures

Express Group Fife



Telephone Number:
01592 645331

Email:
info@expressgroupfife.org.uk

Website:
www.expressgroupfife.org.uk/

Mood Café



Website:
www.moodcafe.co.uk/learning-disabilities

Nordoff Robbins (Music Therapy)



Website:
www.nordoff-robbins.org.uk/locations/scotland/

On your door step



Website:
www.onyourdoorstepfife.org

Samaritans



Telephone Number:

116 123

Website:

www.samaritans.org/scotland

The Ecology Centre



Address:

Kinghorn Loch,
Kinghorn,
KY3 9YG

Telephone Number:

01592 891567

Email:

admin@theecologycentre.org

Website:

www.theecologycentre.org/