

# Keeping Connected Keeping well

## Mental Health Directory

Mental Health services in Fife who can help you maintain or improve your mental health and wellbeing.



In an emergency call 999

## Crisis Support Fife

### Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

### Samaritans - if you're having a difficult time:

<https://www.samaritans.org/scotland/how-we-can-help/if-youre-having-difficult-time/>

### Samaritans - if you're concerned about someone:

<https://www.samaritans.org/scotland/how-we-can-help/if-youre-worried-about-someone-else/>

### NHS Inform surviving suicidal thoughts:

<https://www.nhsinform.scot/surviving-suicidal-thoughts>

### Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

You are not alone and talking about how you feel is a positive first step in getting help.

### NHS 24 Mental Health Hub

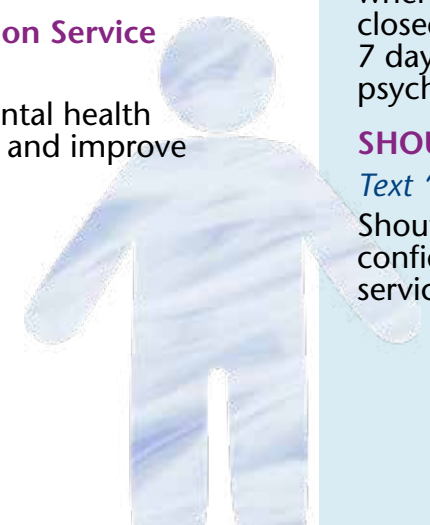
111

This service provides urgent care and advice when your GP, pharmacy or dental practice is closed. The Hub is available 24 hours a day, 7 days a week for those in need of urgent psychological or emotional support.

### SHOUT

Text "FIFE" to 85258

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



## SAMH Sam's Cafe

<https://www.samh.org.uk/about-us/our-work/sams-cafe>

Sam's is a mental health peer support service provided by SAMH across Fife. Peer Workers help others offering support with mental health, crisis, challenging thoughts and suicidal thoughts.

### Distress Brief Intervention

[www.dbi.scot](http://www.dbi.scot)

The Mental Health Hub have a direct referral Pathway to the Distress Brief Intervention (DBI) programme. NHS24 Mental Health Hub staff may offer this pathway for those who contact them in distress from anywhere across Scotland.

### Information correct as at December 2022



NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:  
[fife.EqualityandHumanRights@nhs.scot](mailto:fife.EqualityandHumanRights@nhs.scot)  
or phone 01592 729130.

We review our resources frequently to ensure information is accurate and up to date. If you experience any difficulties with the content please get in touch:  
[fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

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Fife Health & Social Care Partnership

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## Better Than Well

01592 644048

<https://www.linkliving.org.uk/our-support/our-services/fife-better-than-well>

Referrals - [admin@linkliving.org.uk](mailto:admin@linkliving.org.uk)

Self-help coaches support people over the age of 16 in Fife who have struggled with childhood trauma and have found it difficult to engage with other services.

### SDS Options (Fife)

01592 803280

[www.sdsoptionsfife.org.uk](http://www.sdsoptionsfife.org.uk)

Self directed support information and advice.

### Richmond Fellowship Scotland

01592 774967

<https://www.richmondfellowship.org.uk/NorthEastFife01334657517>

The largest provider of social care services in Scotland, providing personalised, high quality community-based support services.

### Fife Self-harm Project

01383 747 788

[www.penumbra.org.uk/service-locations/](http://www.penumbra.org.uk/service-locations/)

By actively listening and being completely non-judgemental, staff endeavour to guide the person towards appropriate sources of support and strategies for coping.

### Fife Boomerang Association Service

01592 775650

For those experiencing mental health problems, reduce isolation and improve confidence.

## Keeping well

### The Well

<https://www.fifehealthandsocialcare.org/your-community/the-well>

Drop in, both in your community and online and find out information and receive general advice to help you stay well and independent within your local community.

### Moodcafe

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Information and resources to help you understand and improve your mental health.

### Access Therapies Fife

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

Information to help you to deal with mental health problems and to access a range of local services including self help guides and resources.

### On Your Doorstep Fife

<https://www.onyourdoorstepfife.org/>

A directory of community-based activities, services and support.

### Andy's Man Club

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups.

### Women's Wellbeing Club

[www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)

Peer Support Groups run by volunteers at local venues nationwide. Meetings are safe, confidential spaces for any woman to attend.

### Clear Your Head Scotland

<https://clearyourhead.scot/>

Has some simple ideas you could try to help you cope better with any changes in your world.

## Needing support

### Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

You are not alone. Talking about how you feel is a positive first step in getting help.

### Mind to Mind

<https://www.nhsinform.scot/mind-to-mind>

If you're feeling anxious, stressed, low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful.

### NHS Inform

<https://www.nhsinform.scot/>

Health information that anyone living in or visiting Scotland can trust.

### NHS 24

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<https://www.nhs24.scot/>

Urgent care advice day or night and health and dental support when your GP practice or dentist is closed. The service can also help if you are in mental distress.

### NHS Fife

<https://www.nhsfife.org/>

Information for finding your local health services: GP, Dentist, Pharmacy, Optician.

### The Well

<https://www.fifehealthandsocialcare.org/your-community/the-well>

Information and general advice to help you stay well and independent within your local community.

### Moodcafe

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Information and resources to help you understand and improve your mental health.

## Access Therapies Fife

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

Information to help you to deal with mental health problems and to access a range of local services, self support and guided self-help sessions on topics such as stress, sleeping and low mood.

### Keeping Connected Fife

<https://www.nhsfife.org/media/35711/keeping-connected-fife-adult-digital-version.pdf>

This leaflet provides a directory of services which offer help and support on a range of issues.

### Staying Safe and Keeping Well

[https://www.fife.gov.uk/\\_\\_data/assets/pdf\\_file/0015/424131/Safe\\_and\\_Well\\_booklet\\_2022\\_online.pdf](https://www.fife.gov.uk/__data/assets/pdf_file/0015/424131/Safe_and_Well_booklet_2022_online.pdf)

If you need a helping hand this directory of Fife services and support can help.

### SAMH Sam's Cafe

<https://www.samh.org.uk/about-us/our-work/sams-cafe>

Offer peer support with mental health, crisis support, challenging thoughts and suicidal thoughts.

### Men's Shed Fife

<https://scottishmsa.org.uk/find-a-shed/>

Supporting men in the community

### Link Life Fife

<https://www.fifehealthandsocialcare.org/change-projects/improving-mental-health-services/link-life-fife>

For anyone who needs support to manage stress, anxiety or feelings of being overwhelmed that are affecting their mental health or general wellbeing.

## Fife Forum

[www.fifeforum.org.uk](http://www.fifeforum.org.uk)

A Voluntary Sector advice and information agency that provides information and advice on issues that affect older people and adults. We provide: Elderly Forums, User Panels, Local Area Co-ordination and Advocacy.

### Contact Point Day Resource Centres

0345 140 7777

(Barony) Kirkcaldy & Buckhaven

<https://www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy>

Provide a safe environment for people with mental health problems, opportunities to reduce isolation, develop new skills and encourage employment.

### Express Group (Fife) Ltd

01592 645331

[www.expressgroupfife.org.uk](http://www.expressgroupfife.org.uk)

Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly and St Andrews.

People in Fife with mental health problems can turn to Express Groups to help them cope and recover. The groups provide a safe place where service users can share experiences, and peer support.

### Change Mental Health

01592 26 83 88

[https://changemh.org/support\\_areas/fife/Information\\_Line\\_0300\\_323\\_1545](https://changemh.org/support_areas/fife/Information_Line_0300_323_1545)

Provide unique support to people with severe and enduring mental ill health.

