



# Keeping Connected

*Directory of  
Young People's Services  
in Fife*



# In an emergency call 999

## Out of hours GP or CPN

Call NHS24 on 111

## Out of hours Social Services

03451 55 00 99

## Childline

0800 1111

## Samaritans

116 123 (24 hours)

[www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Advocacy Forum

Details of all advocacy services in Fife.

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

## Fife SHOUT Service

[www.nhsfife.org/shout](http://www.nhsfife.org/shout)

Text 'FIFE' to 85258

Free confidential support, 24/7

**This Directory of Young People's Services in Fife is designed to support you as a support worker, practitioner or professional who is working with young people in Fife.**

**This leaflet provides information and contact details for a variety of services available across Fife on a range of issues to help you work with the young person and identify which service is best suited to help.**

# Alcohol, Drugs and Solvents

## Clued Up Project

Support for under 25s affected by substance use.

01592 858248 [www.cluedup-project.org.uk](http://www.cluedup-project.org.uk)

## DAPL

Based in Fife offers one to one counselling, support, and advice to young people, adults and families.

01333 422277 [www.dapl.net](http://www.dapl.net)

## Fife Alcohol Support Service (FASS)

The Alcohol Support Service provides specialist alcohol counselling and psychotherapy for people in Fife, aged 16 and over.

01592 206200 [www.fassaction.org.uk](http://www.fassaction.org.uk)

## Fife Alcohol and Drug Partnership

01592 321321 [www.fifeadp.org.uk](http://www.fifeadp.org.uk)

## Alateen

For teenage relatives and friends of alcoholics.

0800 0086811

<https://www.al-anonuk.org.uk/alateen/>

## Talk to Frank

Information about drugs.

0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

## Bereavement & Loss

### Cruse Bereavement Care Scotland

0808 802 6161 [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### Richmond's Hope (4 - 18 years old)

01333 408601

Email: [methyl@richmondshope.org.uk](mailto:methyl@richmondshope.org.uk)

<https://www.richmondshope.org.uk/>

### Winston's Wish

Support for bereaved children.

08088 020 021 [www.winstonswish.org](http://www.winstonswish.org)

## Bullying & Internet Safety

### Bullying UK

Advice on dealing with all types of bullying.

0808 800 2222 [www.bullying.co.uk](http://www.bullying.co.uk)

### Respect Me

0344 800 8600 [www.respectme.org.uk](http://www.respectme.org.uk)

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

### CEOP

Information about websites, mobiles and new technology. Report any concerns about online safety - chat, grooming, etc.

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

## Carers

### Fife Young Carers

Support for those aged 8 to 18 whose life has been affected by their significant caring role for a family member.

01592 407262 [www.fifyoungcarers.co.uk](http://www.fifyoungcarers.co.uk)



# Domestic & Sexual Abuse

## Child Protection in Fife

03451 551 503

FRASAC (Fife Rape and Sexual Assault Centre)

01592 642336 [www.frasac.org.uk](http://www.frasac.org.uk)

## CEDAR Network

Children experiencing domestic abuse recovery.

01592 583676 [www.cedarnetwork.org.uk](http://www.cedarnetwork.org.uk)

## Fife Women's Aid

0808 802 5555 [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

## KASP (Kingdom Abuse Survivors Project)

01592 644217

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

## Rape Crisis Helpline

08088 01 03 02

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

## Safe Space

Support for people who have experienced sexual abuse.

01383 739084

[www.safe-space.co.uk](http://www.safe-space.co.uk)

# Emotional Wellbeing

## Aye Mind

<https://thinkpositive.scot/resources/aye-mind/>

## Barnardo's Wellbeing in Fife

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

## Beat Eating Disorders Youthline

0808 801 0711

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

## Breathing Space

Free, confidential service for people 16+ in Scotland experiencing low mood, depression or anxiety.

0800 83 85 87

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

## Fife Council Emotional Wellbeing

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

## Includem

<https://includem.org/keeping-connected/>

Tel 0800 800 0409

Provides support and 1:1 mentoring for young people in Fife aged between 10-26 years old.

## NHS Fife Child and Adolescent Mental Health Service (CAMHS)

[www.nhsfife.org/camhs-thingstotry](http://www.nhsfife.org/camhs-thingstotry)

## NHS Fife Schools and Childrens Services

<https://www.nhsfife.org/services/childrens-services/school-nursing-health-hub/>



## **Childline**

Contact Childline about anything. No problem is too big or too small. Get in touch by email, message board, 'Ask Sam', or online chat. Calls are free and confidential.

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

## **Moodcafé**

Fife-based website offering advice and self-help materials.

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

## **Access Therapies Fife**

Provides information to help you to deal with mental health problems and to access a range of local services.

[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

## **Papyrus**

Confidential young persons' suicide prevention advice.

HOPELineUK 0800 068 41 41

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Samaritans**

Talk to the Samaritans any time you like, in your own way, and off the record, about whatever's getting to you.

116 123 (24 hours)

[www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## General & Money Advice

### CARF (Citizens Advice and Rights Fife)

Free, independent, confidential advice.

0345 1400 095

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

### Young Scot

General and financial information and advice for young people in Scotland aged 11 - 26. Young Scot Discount Card available.

0808 801 0338 [www.youngscot.org](http://www.youngscot.org)

## Health & Social Care

### Fife Council Social Services

03451 551503 Out of hours: 03451 550099

### NHS Fife

GP surgeries, dentists and opticians in Fife, and how to register with them. [www.nhsfife.org](http://www.nhsfife.org)

### NHS24

Health information & advice 24 hours.

Call 111 [www.nhs24.scot](http://www.nhs24.scot)

### NHS Inform

0800 22 44 88

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





# Housing & Homelessness

## Frontline Fife Housing Advice

01592 800430

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

## Shelter Scotland

0808 800 4444

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

# LGBT Issues

## LGBT Youth Scotland

0131 555 3940

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



# Sexual Health & Blood Borne Viruses

## Pharmacies

Most pharmacies provide emergency contraception (the morning after pill) for free after unprotected sex or if contraception has failed. This is for young people aged 13+.

## Sexual Health Fife Services

Free confidential advice on contraception, pregnancy, termination, or sexually transmitted infections, HIV and hepatitis.

01592 64 79 79 <https://www.nhsfife.org/services/all-services/sexual-health/>

## Terrence Higgins Trust

Advice on sexual health & HIV.

0808 802 1221  
[www.tht.org.uk](http://www.tht.org.uk)

## Waverley Care

Care and support to people living with HIV or Hepatitis C.

0131 558 1425 [www.waverleycare.org](http://www.waverleycare.org)

## General Practices

Free confidential contraception advice, information on sexual health, relationships, or a pregnancy test available from your GP. (Some also give free condoms). If you are pregnant consult the midwife at your GP surgery.

# Support for Families

## **Families First St Andrews**

Support to families with children aged 5-16 who live in St Andrews and North East Fife.

01334 208086

<http://familiesfirststandrews.org.uk>

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

## **Fife Gingerbread**

Single parent and teen parent support.

01592 725210

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

## **Home-Start UK**

Support for families with young children.

[www.home-start.org.uk](http://www.home-start.org.uk)

## **One Parent Families Scotland**

Help and information for single parents.

0808 801 0323

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



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.

Inclusion in this leaflet does not imply endorsement by Fife Health & Social Care Partnership.

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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