**Please note that this information was collated in 2018 – in case organisations listed are no longer operating.**  
Please remember you can search for community groups, organisations, information or support on [www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

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| **Organisation** | **Description** | **Contact Details** |
| Addaction Fife Harm Reduction Service | The Harm Reduction programme promotes health protection for injecting drug users and helps to reduce the risk of passing on infections to others. Addaction Fife Specialist Harm Reduction Service offers a wider range of equipment than pharmacy based exchanges and also offers a range of other services to help reduce drug related harm including: 1:1 assessment, referral and support into treatment (only if requested). | 01592 619090  fife@addaction.org.uk |
| Advice Co-ordination and Empowerment Service (ACE) | Is a confidential service that offers advice on how to deal with problems that you may be facing. ACE is not a counselling service (KIRKCALDY/LEVENMOUTH) Anxiety Panic, Low mood, Stress, Sleep problems, Worry, Low self-esteem, Anger | 01334 696336  carolinehollinsworth@nhs.net  [amiraoudeh@nhs.net](mailto:amiraoudeh@nhs.net)  Psychologist based at Lynebank |
| Al-Anon Family Groups | Provide support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not. | 02074030888  enquiries@al-anonuk.org.uk |
| Alcoholics Anonymous | Allows people to share their experience, strength and hope with each other so they may solve their common problems and help others to recover | 08009177650 (National)  01312252727 (Local) |
| Alzheimer Scotland | Glenrothes Information Café. An informal, friendly welcoming place where you can meet other people with dementia and their partners, families and carers, and access information and support. |  |
| Alzheimer Scotland | Fife Musical Memories. The group meets on the 2nd Monday of the month in Kirkcaldy in Bennochy Parish Church, Elgin Street, Kirkcaldy. |  |
| Alzheimer Scotland | Football Reminiscence Group on the last Wednesday afternoon of the month from 1.00pm-3.00pm in Fife Resource Centre, 12-14 Whytescauseway, (access via Kirkcaldy bus station) Kirkcaldy, KY1 1XF. |  |
| Alzheimer Scotland | Kirkcaldy Drop-in - An informal, friendly welcoming place where you can meet other people with dementia and their partners, families and carers, and access information and support. Fife Dementia Resource Centre, 12 Whytescauseway, Kirkcaldy, KY1 1XF |  |
| Alzheimer Scotland | Fife Creative - Creative Crafts is a group for those with an interest in art and craft activities. Fife Dementia Resource Centre, 12 Whytescauseway , Kirkcaldy, KY1 1XF |  |
| Alzheimer Scotland | We hold a rolling programme of groups on Monday afternoons from 1.30pm-3.30pm for people with dementia and carers in our Resource Centre. A programme is available to view. Fife Dementia Resource Centre, 12 Whytescauseway , Kirkcaldy, KY1 1XF |  |
| Autism Rocks | Our mission is to open a centre in Fife, where we will promote & provide understanding, acceptance, inclusion, education & support to children/adults with autism, to their families, the wider community, health professionals | 07825869511, 07765964108  autismrocksfife@outlook.com |
| Barony Contact Points | Barony's drop-in centres in Fife offer opportunities for people to meet and develop their interests together. The centre is called Contact Point and provides open access, community based day services that aim to promote and maintain good mental health within the community, to all. Further information is available on our website. See email reply from Billy Moyes | Kirkcaldy and Buckhaven tel: 0345 140 7777  Billy Moyes 0345 140 7777 [wm@baronyha.org.uk](mailto:wm@baronyha.org.uk) |
| BEAT – eating disorders | Online support/chat groups – anorexia, fathers supporting child with eating disorders, mothers supporting child with eating disorders, eating disorder group for over 18s, emotional over eating or binge eating group, people with bulimia, under 18s group. |  |
| Castle Befriending | This befriending project run by the Castle Furniture Project in Cupar aims to reduce social isolation and enable people in North East Fife to maintain independent living by providing a drop-in service, volunteering opportunities and 1:1 befriending service. | 07486691108  befriending@castlefurniture.org |
| Circles Network | Fife Wide - aged over 16 years with mental health issues, learning disability, personality disorder, physical impairment, acquired brain injury, dementia, autism or chronic illness. | 01592 645360  [info.fife@circlesnetwork.org.uk](mailto:info.fife@circlesnetwork.org.uk)  Will speak to manager and ring me back |
| CRUSE Bereavement | Promote the well-being of bereaved people. Seek to help anyone experiencing bereavement to understand their grief and cope with their loss | 08456002227  info@crusescotland.org.uk |
| Curly Star Foundation | Supporting people affected by suicide and bereavement in Fife | 01383 610007  info@curlystar.org |
| DAPL | Free & confidential one to one counselling support, information & advice to individuals & families who are affected by substance use & live within Fife | 01333 422277  daplimited@gmail.com |
| Depression Alliance | At Depression Alliance we bring people together to end the loneliness and isolation that so often comes with depression. Our support network is a safe, friendly and easy way to share understanding, information and friendship through depression and recovery. Whether you’re currently going through depression or you’re exploring recovery, we can put you in touch with others who understand, through our self-help groups or through Friends in Need. | 0207 407 7584  info@depressionalliance.org |
| East Neuk Recovery Group Initiative (ENERGI) | Provides support and information for people who have experienced, or are experiencing, mental health and/or substance misuse issues as well as their carers. They provide a range of services; a Drop-In Centre open Monday to Friday 10am-2pm, Short Term and Long Term Housing Support Services, a Befriending Support Service and a Self-Directed Support Brokerage Services. They also offer welfare benefits advice and support and assistance to access shops and other services wider afield. | [www.energi.org.uk](http://www.energi.org.uk) |
| Express Groups | Express Group Fife is a self-help social group for individuals over the age of 18 with mental health problems. The aim of the Groups is to give opportunities for self-help social activities, outings and holidays; and to provide a place where members can share experiences, and offer mutual support. Spoke with manager John Jones. They explored setting up peer support groups 2 years ago as part of their business plan and contacted Peer Support Scotland but they didn’t have the resources or finance to progress with it. Some people have gone through the groups and become volunteers but he would classify what they do as day care services rather than peer support. | 01592 645331  [info@expressgroup.fsnet.co.uk](mailto:info@expressgroup.fsnet.co.uk) |
| Families First | Families First St. Andrews is a registered charitable organisation established in 2001 to provide support to families with children aged between 5 to 16 who live in St. Andrews and North East Fife. Our aim is to provide practical help and support to families experiencing difficulties and to provide a service relevant to their needs. Families First has a small team of paid and unpaid staff. Our volunteers help us to deliver services such as Children's Group Work, Befriending and Family Support. | 01334 208086/ 07542 714671  [enquiries@familiesfirststandrews.org.uk](mailto:enquiries@familiesfirststandrews.org.uk) |
| FEAT | Fife Employment Access Trust's (FEAT) vision is to enable and support individuals to reach their full positive mental well-being in a culture where there is no stigma. To do this we employ an inclusive, non-judgmental approach to prepare, support and empower people to flourish by managing their mental health for life (whatever life does), by working with others to eliminate the stigma on mental health in the workplace and communities. Emailed Duncan Mitchell. They work in partnership to run a bipolar support group called pole to pole. | 01592 759371  [feat@journeytowork.co.uk](mailto:feat@journeytowork.co.uk) |
| Fife Boomerang Association | Fife Boomerang is a service for individuals between the ages of 18-65, of all abilities, who are experiencing mental health difficulties. The aims are to promote outdoor pursuits and to encourage personal growth and development through outdoor pursuits. The Association offers a seasonal programme, four times a year, of outdoor activities. | Linda Falconer Administrator  Exit Centre 01592 775650  [fifeboomerang@yahoo.co.uk](mailto:fifeboomerang@yahoo.co.uk) |
| Fife Families Support Project | Provides support and information to people in Fife who care for someone with mental ill health. | Tel: 01592 268388  ffsp@supportinmindscotland.org.uk |
| Fife Hearing Voices Network | Fife Hearing Voices Network provide support to people who hear voices from anywhere in Fife. Groups meet throughout Fife which give people the opportunity to meet others and share experiences and strategies in a safe confidential environment. Time limited 1:1 support is also offered for individuals who may find attending a group difficult. | 01592 267771 |
| Fife Rape and Sexual Assault Centre | Fife Rape and Sexual Assault (FRASAC), is an independent voluntary organisation offering a range of free and confidential counselling and support services to anyone, male or female, who has been raped or sexually assaulted at some point in their lives. | <https://www.facebook.com/frasacKirkcaldy/> |
| Fife Sands | Provides a helpline for anyone affected by the death of a baby | 08455280322 |
| Fife Young Carers | Provides support and time-out in a variety of ways, such as regular groups, outings, activities and individual support. | 01592 786717  admin@fifeyoungcarers.co.uk |
| Fife Voluntary Action | Provide a Volunteering Service for people who have higher support needs regarding Mental Health, Learning and Physical Disabilities. | [www.fva.org](http://www.fva.org) |
| Fife Women’s Aid | Provides advocacy for women who are experiencing, or have experienced domestic abuse. Provides confidential support for women & children | 0808 802 5555 (On call service) |
| Gamblers Anonymous | Support for compulsive gamblers with groups in Fife | 03700508881 |
| Going Forth SAMH | Going Forth is an employability service supporting individuals to reach their goals in personal development, training, education and employment. Going Forth deliver SAMH’s Modular Programme consisting of a number of modules, covering development, resilience and progression, tailored to suit individual needs. | Tel: 01383 623179  E-mail: [goingforth@samh.org.uk](mailto:goingforth@samh.org.uk)  Ross Reilly Peer Support Practitioner  07710385502 |
| Gowrie Care Ltd | We are a registered charity who improves the quality of the life of everyone we work with. Working throughout Scotland, we offer varying levels of support to people in different settings.  We do this by:  Providing flexible, creative, responsive and person-centred services;  Developing and training our staff to be the best care providers;  Ensuring quality accommodation in the community; and  Assisting to deliver employment and leisure activities to our service users.  We support people with learning disabilities, their mental health, people on the Autism Spectrum and people who are or have been homeless. | [www.hillcrest.org.uk/gowrie-care/](http://www.hillcrest.org.uk/gowrie-care/) |
| Home-Start East Fife | Home-Start East Fife supports families with young children across East Fife to deal with whatever life throws at them. We support parents by recruiting volunteers who will visit them in their home, as they learn to cope, improve their confidence and build better lives for their children. We also offer support through Family Support Groups which are held across East Fife during school term times. | [www.home-start-eastfife.org.uk](http://www.home-start-eastfife.org.uk) |
| HopeLINE UK | Gives support, practical advice & information to any young person feeling suicidalm or anyone concerned that a young person they know is at risk. | 08000684141, 07786 209697 (text)  pat@papyrus-uk.org |
| Kingdom Abuse Survivors Project | Free counselling and support service to adult survivors of childhood sexual abuse | 01592 644217  info@kasp.org.uk |
| Linda Tremble Foundation | The Linda Tremble Foundation is a small local charity set up to offer help and support to carers, friends and families of those suffering from an eating disorder as well as anyone affected by an eating disorder, in Fife and the surrounding areas. These peer-to-peer groups support each other through shared experience, strength, and hope. They are open to anyone, aged 18 and over, who is affected by an eating disorder or has any issues with food, eating and/or body image. | 07815799397  enquiries@lindatremblefoundation.org.uk |
| LINK - East Link Befriending Project | This service is designed to help people who have become lonely due to a mental health problem. The project supports adults and young people in the East Fife area who are already known to a Statutory Worker but who would benefit from additional support to use ordinary social and community resources and activities. | Senga.Smith@hotmail.com  [www.linkbefriending.org.uk](http://www.linkbefriending.org.uk) |
| Link Living – Supported Self Help | Will help you learn skills & techniques to manage your stress. This approach is based on a Cognitive Behavioural Approach. It introduces you to resources such as booklets, CDs, websites, exercises & techniques to try at home. | 07760556221  rachel.riddle@linkliving.org.uk |
| Mind and Be Active | Fife Sport and Leisure Trust (FSLT) have developed a 12-month programme for people experiencing a mental health condition. Mind and be Active is intended to provide regular physical activity to accompany, or act as an alternative to, other forms of treatment, with support from a fully-qualified instructor. | 01383 602127  craig.salmond@fifeleisure.org.uk |
| Mind For You | Mind For You provide lunch clubs, outings, befriending and holiday for people with dementia and their carers. Mind for You offers you supported holidays for people living with dementia and their carers to enjoy together, as an alternative to traditional respite. | info@mindforyou.co.uk  07788292938 |
| Miscarriage Association | Provides support and information to anyone affected by pregnancy loss | 01924 200799  info@miscarriageassociation.org.uk |
| Motorvators Shed (Castle Furniture) | The Motorvators Shed has been providing supported therapeutic activity since 1996 to clients with Mental health issues and workshop experience to 16+youth projects. It does this by providing a stimulating and safe environment to engage in Auto mechanics and light engineering/fabrication and restoration of vintage vehicles. More recently artwork and sculptures have been created and The Motorvators Shed has some exciting new projects in the pipeline! | camerondurie@castlefurniture.org  01334 654445 |
| Muirhead Outreach Project | Offer children/ young people individual support e.g. anger management, independent living skills and respite. Work with families eg. parenting skills, advocacy, practical and emotional support. | 01592 358713  bill.aitken@cairnmhor.org |
| Peaceseekers | Peaceseekers is a spiritual project aiming to help those experiencing stress, depression or anxiety. The project runs a number of groups to offer people support with emotional and spiritual difficulties and also have facilities for people wishing to run their own groups or meetings. | 01333 352187  davehendersonky8@yahoo.co.uk |
| Penumbra Self Harm Project | The Fife Self Harm Project provides a non-judgemental, young people friendly and user led support service to young people (18+) who self-harm. We also explore the needs of family, carers and professionals in contact with young people who self harm. | 01383 747 788  east@penumbra.org.uk |
| Quarriers | Provides practical care and support for thousands of vulnerable children, adults and families who face extremely challenging circumstances. Through our diverse range of services across the UK, we help thousands of people to lead happier, more fulfilling lives. By challenging inequality, we give vulnerable people more opportunities and, importantly, we ensure that their voices are heard.  **Self-Directed Support** – find out how Quarriers can support you to make the most of your individual budget and ensure that you are supported in the way that you want to be.  **Adult Services** – from at-home care and assisted living to self-directed support and playing an active part in the community, our adult services put the needs of each person we support first.  **Epilepsy** – Quarriers has been supporting people affected by epilepsy for more than 100 years. We offer world-class treatment and diagnostic facilities and dedicated fieldwork and telemedicine services.  **Children and Families** – we know that every family’s needs are different, so we offer a wide range of services to help you find the support you need.  **Young People** – Quarriers young adult services offer young people in difficult situations a place to turn to.  **Fostering** – Quarriers offers a unique, specialist fostering service for children and young people with complex needs and disabilities.  **Commissioning** – We work with sever local authorities in Scotland.  **Inclusion** – our inclusion services enable people we support to speak out on issues which are important to them. | <https://quarriers.org.uk/how-we-help/> |
| Saje Scotland | Aims to motivate, encourage & enable survivors of domestic violence to live independently without fear of abuse, neglect and harm. | 01592 786701  sajescotland@yahoo.co.uk |
| Safe Space | Free counselling service to survivors of childhood sexual abuse (one to one & group support). Offers support to •Individuals, parents, partners & relatives, •Male & female survivors •Young People ages 12-18 (DUNFERMLINE) | 01383 739084  contact@safe-space.co.uk |
| Scottish Recovery Network | The Scottish Recovery Network (SRN), is a non-profit initiative whose goal is to make mental health recovery a reality for all. To do this they want to see a greater awareness and expectation of mental health recovery across Scotland and so use a strategic approach in communications to help achieve this. They also conduct research, provide learning and development focused recovery and peer support to help people achieve the mental health recovery they need. | info@scottishrecovery.net  0141 240 7790 |
| Shakti Fife | Shakti Women’s Aid helps BME women, children and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner and/or other members of the household. | 01383 431243  info@shaktiedinburgh.co.uk |
| Soldiers, Sailors, Airmen and Families | Provides lifelong support to our Forces and their families. Provides practical, emotional & financial support through a network of local branches | 01592 263714, 08451300975  fife@ssafa.org.uk  info@ssafa.org.uk |
| Support in Mind | We aim to improve the quality of life for anyone whose mental health problems or mental illness has a serious impact on their life and on the lives of others, including family members, friends and supporters. To find out about the services that we provide please refer to our website. | 01592 268388  fifeservices@supportinmindscotland.org.uk |
| Terrance Higgins Trust – Confident Families (HIV/HepC) | Offers support to the families of those who are HIV/Hep C positive. THT offer a number of other services in Fife such as advocacy and outreach | 07500064290  Louise.Yannetta@tht.org.uk |
| Veterans First Point | Is a service designed by veterans for veterans, Provides information & Signposting, Understanding & Listening, Social Support, Health & Wellbeing | 07770730268  Fife-UHB.VeteransFirstPoint@nhs.net |
| Victim Support Fife | We provide practical and emotional support to all victims of both reported and unreported crime. Our service is independent, free and confidential | 01592 807090, 08088010302, 03456039213 (Helpline)  VictimSupport.Fife@victimsupportsco.org.uk |