

# You are not alone

**Samaritans**  
whatever you're going through

116 123  
jo@samaritans.org  
www.samaritans.org

**Children 1st parentline**

08000 282233

**Breathing Space**

confidential help with depression,  
anxiety and loneliness

0800 83 85 87

**Child Line**

confidential helpline for children  
0800 1111

**NSPCC**

prevention of cruelty to children

0808 800 5000  
help@nspcc.org.uk

**Home Start**

1:1 support for families (under 5's)

01383 621349  
admin@hsdunfermline.co.uk  
www.home-start-dunfermline.org.uk



**St. Joseph's**

602433

Stjosephs@fife-education.org.uk



You can also find information  
at these websites:  
[www.nhsfife.org/cahms](http://www.nhsfife.org/cahms)  
[www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Fife Gingerbread**

support for lone parents and  
disadvantaged families

01592 725210  
info@fifegingerbread.org.uk  
www.fifegingerbread.org.uk

**Fife one stop shop  
from scottish Autism**

01592 645350

**Bipolar Scotland support**

[bipolarscotland.org.uk/support-group/](http://bipolarscotland.org.uk/support-group/)

**CRUSE**

1:1 bereavement care

0845 600 2227  
info@crusescotland.org.uk  
www.crusescotland.org.uk

**DAPL**

1:1 help with substance  
abuse and psychotherapies

01333 422277  
enquires@dapl.net  
www.dapl.net