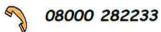
## **Samaritans** whatever you're going through

116 123

jo@samaritans.org



## Children 1st parentline



## **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



#### **Home Start**

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



01383 621349



admin@hsdunfermline.co.uk



www.home-start-dunfermline.org.uk

# You are not alone



St.Joseph's



602433

Stjosephs@fife-education.org.uk





Fife Gingerbread

support for lone parents and

info@fifegingerbread.org.uk

www.fifegingerbread.org.uk

Fife one stop shop

disadvantaged families

01592 725210

Bipolar Scotland support bipolarscotland.org.uk/support-group/

### **CRUSE**

1:1 bereavement care



0845 600 2227



info@crusescotland.org.uk



www.crusescotland.org.uk

You can also find information at these websites: www.nhsfife.org/cahms www.handsonscotland.co.uk

www.actionforhappiness.org

DAPL 1:1 help with substance abuse and phsycotherapies



01333 422277



enquires@dapl.net



www.dapl.net









