

**Fife Rape & Sexual Assault Centre (FRASAC)**      Tel: 01592 642336  
Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)  
Website: [www.frasac.org.uk](http://www.frasac.org.uk)

**SAFE SPACE (Supporting survivors of childhood sexual abuse)**  
Tel: 01383 739084  
Email: [contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)  
Website: [www.safe-space.co.uk](http://www.safe-space.co.uk)  
Services: 1 to 1 counselling; Group work; Young People  
Open: Mon – Thurs 10am – 8pm

**SAMH (Scottish Action for Mental Health)**      Tel: 0344 800 0550  
Email: [info@samh.org.uk](mailto:info@samh.org.uk)      Website: [www.samh.org.uk](http://www.samh.org.uk)  
Open: Mon – Fri 9am - 6pm

**Change Mental Health**      Tel: 0808 8010 515  
Email: [advice@changemh.org](mailto:advice@changemh.org)      Website: [www.changemh.org](http://www.changemh.org)

**FASS Adapt Substance Recovery**      Tel: 01592 206200  
Email: [enquiries@fassaction.org.uk](mailto:enquiries@fassaction.org.uk) Website: [www.fassaction.org.uk](http://www.fassaction.org.uk)  
Open: Mon – Thurs 930am - 12.30pm & 1.30pm - 4.15pm  
Fri 930am –12.30pm

## Counselling and Support Agencies

### Charities

**Talk Matters** (Dunfermline)      Tel: 01383 626064  
Email: [info@talkmatters.org](mailto:info@talkmatters.org)  
Website: [www.talkmatters.org](http://www.talkmatters.org)  
Services: Adults

**Interactions** (Kirkcaldy)      Tel: 01592 262869  
Email: [info@interactons.uk.com](mailto:info@interactons.uk.com)  
Website: [www.counsellingfife.co.uk](http://www.counsellingfife.co.uk)  
Services: Individuals; Couples

**The Spark** (Dunfermline)      Tel: 0808 802 2088  
Website: [www.thespark.org.uk](http://www.thespark.org.uk)  
Services include: Individual Therapy; Couples; Family

**Quiet Waters** (Falkirk)      Tel: 01324 630 643  
Website: [www.quiet-waters.org](http://www.quiet-waters.org)  
Services: Counselling; Bereavement Support

**Hope Counselling** (Dundee)      Tel: 07732 472173  
Website: [www.hopercounsellingdundee.org](http://www.hopercounsellingdundee.org)  
Services: Online and Telephone; In person; Children & Young People

## Private

**Cridhe Counselling** (Glenrothes)  
Email: [cridhecounselling@gmail.com](mailto:cridhecounselling@gmail.com)

**CLC Counselling** (Online) Tel: 07378 504882  
Carol Calder  
Email: [clccounselling@gmail.com](mailto:clccounselling@gmail.com)

**The Bridges Counselling** Tel: 07988451034  
Greig Rattray  
Phone or TEXT

**Jackie Read** Tel: 07773 452268  
Email: [jaread@talktalk.net](mailto:jaread@talktalk.net)

**Wellbeing Academy 1** Tel: 07876196212  
Email: [office@thewellbeingacademy.co.uk](mailto:office@thewellbeingacademy.co.uk)  
Online therapy

## Counselling Directories

Search online for a counsellor

**BACP (British Association for Counselling & Psychotherapy)**  
[www.bacp.co.uk](http://www.bacp.co.uk)

**COSCA (Counselling & Psychotherapy in Scotland)**  
[www.cosca.org.uk](http://www.cosca.org.uk)

**ACC (Association for Christians in Counselling)**  
[www.acc-uk.org](http://www.acc-uk.org)

**Counselling Directory**  
[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## Crisis

**Breathing Space** Tel: 0800 838587  
Website: [www.breathingspace.scot](http://www.breathingspace.scot)  
Listening Support Service  
Phone/Text/Relay UK App  
Open: Mon – Thurs 6pm – 2am  
Fri – Mon 6pm – 6am

**Tartan Talkers (Men in Crisis)** Tel: 01383 242960  
[07474 722 982](tel:07474722982) / [07482 425 528](tel:07482425528)  
Website: [www.tartantalkers.scot](http://www.tartantalkers.scot)  
Services: Listen Service; Advice; Peer support; Group Support; Online Support  
Open: 6pm – midnight

**Samaritans** Tel: 116 123 (Free)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Website: [www.samaritans.org](http://www.samaritans.org)

## Other Support Agencies

**Cruse Bereavement** Tel: 0808 802 6161  
Website: [www.crusescotland.org.uk](http://www.crusescotland.org.uk)  
Grief Chat (Online chat)  
Open: Mon – Fri 9am – 8pm  
Sat/Sun: 10am – 2pm

**Drug, Alcohol & Psychotherapies Ltd (DAPL)** Tel: 01333 422277  
Text: 07548233877  
Email: [enquiries@dapl.net](mailto:enquiries@dapl.net)  
Website: [www.dapl.net](http://www.dapl.net)