Recovery Drop-in Clinics
No appointment necessary

Monday
FASS
17 Tolbooth Street
Kirkcaldy
KY1 1RW
1.30pm – 4.00pm

Queen Margaret Hospital
(Entry through Minor Injuries)
Clinic 5, Whitefield Road
Dunfermline KY12 0SU
5.00pm – 8.00pm

Tuesday
Lochgelly Health Centre
David Street
Lochgelly
KY5 9QZ
1.00pm – 4.00pm

Wednesday
Glenrothes YMCA
North Street,
Glenrothes
KY7 5PP
2.00pm – 4.00pm

Thursday
Dunfermline Advice Hub
31 Chapel Street
Dunfermline
KY12 7AW
1.00pm – 4.00pm

Linton Lane Centre
Linton Lane
Kirkcaldy
KY2 6LF
1.00pm – 4.00pm

Times and venues can vary – please call 01592 321321 to check

ADAPT Helpline 01592 321321

Anyone wishing help for their alcohol and/or drug problem may telephone for advice, support and assessment of need. Our telephone is available during the times listed below.

Monday 10.00am – 12.30 noon
1.30pm – 4.00pm
5.00pm – 8.00pm

Tuesday 10.00am – 12.30 noon
1.30pm – 4.00pm
5.00pm – 8.00pm

Wednesday 10.00am – 12.30 noon
1.30pm – 4.00pm

Thursday 10.00am – 12.30 noon
1.30pm – 4.00pm
5.00pm – 8.00pm

Friday 10.00am – 12.30 noon
1.30pm – 4.00pm

A telephone answering service operates if we are not available to take your call. Please leave your number and a brief message and we will call back as soon as we can.

Contact ADAPT in confidence

Tel: 01592 321 321
www.fassaction.org.uk

Office:
FASS
17 Tolbooth St
Kirkcaldy
KY1 1RW

ADAPT Substance Recovery is provided by
FASS
Supporting you one step at a time
ADAPT offers advice, support for people at risk, access to addiction services, counselling, rehabilitation and other services.

ADAPT is for individuals and family members worried about alcohol, drugs and prescribed medications.

ADAPT is a project run by FASS.

ADAPT'S Support Workers are there for you. They will help you assess your needs and help you find the right service.

Information and advice about alcohol, drugs and issues such as housing, money and relationships.

Referral to the service which is right for you.

Support tailored to your needs, helping you to access and benefit from the help available in Fife.

Quick access to ADAPT counselling.

Call the ADAPT Helpline on 01592 321321 or drop-in to one of our Recovery Clinics.

Local and National Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addaction</td>
<td>02072 515560</td>
</tr>
<tr>
<td>CIRCLES</td>
<td>01592 645360</td>
</tr>
<tr>
<td>Clued Up</td>
<td>01592 858 248</td>
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<tr>
<td>DAPL</td>
<td>01333 422 277</td>
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<tr>
<td>FASS</td>
<td>01592 206 200</td>
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<td>FIRST</td>
<td>01592 585 960</td>
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<tr>
<td>Breathing Space</td>
<td>0800 83 85 87</td>
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<td>Safe Space</td>
<td>01383 739 084</td>
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<td>Samaritans</td>
<td>116123</td>
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<tr>
<td>Addiction Services</td>
<td>01592 716 446</td>
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</tbody>
</table>

What happens next

ADAPT Recovery Drop–In Clinic

ADAPT Support Worker

Referred to:

Contact us if you haven’t received your appointment from the referral agency by and we will check it for you.