**Surviving Christmas and New Year**

Useful tips and crisis contacts to help during the Festive Season

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**TIPS AND HINTS for the holiday period**

- Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

- Remember that services will be open again in a few days.

- Get the phone numbers of the out of hours and emergency services that will be available. Put this near your phone, or somewhere you can find it easily.

- Find out ‘What’s on’ in Fife by checking the Council website www.fifedirect.org.uk/events. You can click on a date and it will give you all the listings for that day.

- Think ahead about transport for anything on 25/26 December or over the first few days in January. Check out options for sharing a taxi with a friend or getting a lift.

- If you are going to a group like AA that is on over the holidays, phone the contact person beforehand and ask if you can share transport with other people.

- Think what you enjoy doing and how you can do it with other people – if that’s what you want.

- Don’t feel you have to include everyone or a big group. It can just be you and one or two pals.

- Talk it over. Ask what each person enjoys. Once you get talking you’ll come up with things that you all be happy doing. Go to the library the week before the holidays. Stock up with books, DVDs, music – things to keep you going.

- Make sure you have enough food in to last you over the days when the shops are shut. If you’ve got food at home and are looking after yourself it’s easier to cope with all the other hassles and temptations.

- Remember to stock up with other things that help you be well – like any medicines you take, or remedies for colds and flu.

- Get into a pattern that keeps you well before the holidays— like going for a walk each day and eating well.

- Check your local paper for details of support organisations providing Festive meals on Christmas or New Year’s Day.

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**HELP AND SUPPORT**

- Adult Protection Phone Line 01383 602200
- Social Work 03451 55 15 03
- Out of hours emergencies: 03451 55 00 99
- NHS 24 111
- Samaritans (samaritans.org) 116 123
- Breathing Space breathingsspace.scot 0800 83 85 87
- Traveline travelinescotland.com 0871 200 2233
- Winter information fifedirect.org.uk/winter
- Power cuts and safety helpline 105

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**GETTING CONNECTED**

- **On Your Doorstep Fife** www.onyourdoorstepfife.org
  - Advocacy fifeadvocacyforum.org.uk
  - Fife Forum 01592 643743 fifeforum.org.uk
  - Fife Carers Centre 01592 205472 fifecarerscentre.org
  - Fife Young Carers 01592 786717 fifeyoungcarers.co.uk
  - Silverline (24hr helpline for older people) 0800 4 70 80 90
  - Fife Centre for Equalities 01592 645310 centreforequalities.org.uk

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Sometimes people find that the Christmas and New Year period is really hard.

Everyone else seems to be having a great time but you’re feeling worried or finding it hard to cope. It can be difficult to deal with extra stress and keep yourself well when other people are drinking and having parties. Often the places where you get support at other times of the year have shut up for the holidays.

Well, you’re not alone. Lots of people find the holiday period difficult. So we’ve put together this handy guide to surviving Christmas and New Year.
**DOMESTIC ABUSE**

In an emergency call 999

- Fife Women's Aid 0808 802 5555
- Shakti Fife (ethnic minority women) 01383 431243
- Scottish Domestic Abuse & Forced Marriage Helpline 0800 027 1234
- National Domestic Abuse Helpline 0808 2000 247
- Abused Men in Scotland 0808 800 0024
- Fearless 0845 6000 459

**HELP AND SUPPORT**

- Homeless Emergencies 0800 028 6231
- Housing Information/Advice (8am-6pm) 03451 55 00 33
- Crusie Fife/Home4Good 01592 800430
- Rape Crisis Scotland 08088 01 03 02
- Fife Rape And Sexual Assault Centre 01592 642336
- Fife Gingerbread 01333 303 124
- LGBT Helpline Scotland 0300 123 2523
- LGBTYouth.org.uk info@lgbtyouth.org.uk

**ADDITIONAL RESOURCES**

- www.fifeadp.org.uk
  Includes holiday opening times

- Drinkline Scotland 0800 7 314 314
drinkaware.co.uk

- Alcoholics Anonymous 0131 225 2727
AAfife.net

- Narcotics Anonymous 0300 999 1212
ukna.org

- SMART recovery online meeting
www.smartrecovery.org.uk

**FOOD BANKS**

You must be referred to a food bank by an approved agency:

- Fife Council's Welfare Fund Team 0300 555 0265
  or your Social Worker
- Citizens Advice and Rights Fife 0345 1400 094
  www.CABFife.org
- Out of hours Social Work Emergencies 03451 55 00 99
- Citizens Advice and Rights Fife 0345 1400 095
  www.CABFife.org

Some GPs and Health Visitors can also refer you. Details of all Fife foodbanks and free hot meal locations at: fifedirect.org.uk/foodbanks

**ADDICTION SERVICES**

- Al-Anon 020 7403 0888
www.al-anonuk.org.uk  (10am - 10pm)

- Support for families and friends of problem drinkers.
Groups in Cupar, Dunfermline, Kirkcaldy and St Andrews

- Scottish Families Affected by Alcohol and Drugs
  08080 10 10 11
  Sfad.org.uk

- Advice for 11-18 year olds
  choicesforlifeonline.org

- Talk to Frank 0300 123 6600
talktofrank.com

**HEALTH AND WELLBEING**

- Student Mental Health thinkpositive.scot
- Support in Mind 01592 268 388
www.Supportinmindscotland.org.uk/fife-services-
- Health & Wellbeing resources Ailis.org
- Sexual Health Fife 01592 64 79 79
- Suicide Prevention chooselife.net
- Touched by Suicide Touchedbysuicidescotland.org
Fife Group 01294 274 273
- Survivors of bereavement by suicide UK-sobs.org.uk
Fife Group 07707 697 739

**FOOD BANKS**

- Scottish Welfare Fund 0300 555 0265
  Crisis grants and community care grants

- Citizens Advice and Rights Fife 0345 1400 094
  www.CABFife.org

- Tax Credit Helpline 0345 300 3900
- Money Advice Scotland 0141 572 0237
- National Debtline nationaldebtline.org/s
  0808 808 4000
- Fife Credit Union 0800 085 5803

**HEALTH AND WELLBEING**

- Hepatitis Scotland 0131 225 2727
- Alcoholics Anonymous 0131 539 4800
- Narcotics Anonymous 0800 003 606
- SMART recovery online meeting
www.smartrecovery.org.uk

- Al-Anon 020 7403 0888
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**MONEY**

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