

## Recovery Drop-in Clinics

No appointment necessary

### Monday

#### **FASS**

17 Tolbooth St.  
Kirkcaldy  
10.00am–12.00pm

#### **Victoria Hospital**

Main Reception, Interview Rm 1  
Kirkcaldy  
1.30–4.00pm

#### **Queen Margaret Hospital**

Main Reception, Clinic 6,  
Whitefield Rd, Dunfermline  
5.00–8.00pm

### Tuesday

#### **Lochgelly Health Centre**

David Street, Lochgelly  
1.30–3.30pm

### Wednesday

#### **Cowdenbeath Clinic**

80 Rowan Terr, Cowdenbeath  
10.00am–12.00pm

#### **St Andrews Community Hospital**

Health Promotion Rm 2,  
Largo Rd, St Andrews,  
10.00am–12.00pm

#### **Glenrothes YMCA**

North St, Glenrothes  
2.00–4.00pm

### Thursday

#### **Leven Community Centre**

Commercial Rd, Leven  
9.30am–12.00pm

#### **Linton Lane Centre**

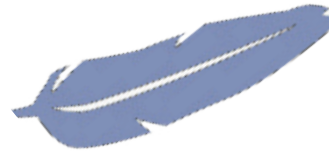
Linton Lane, Kirkcaldy  
1.00–3.00pm

### Friday

24 Canmore St, Dunfermline  
10.00am–12.30pm  
1.30–4.00pm

Times and venues could vary – please call  
01592 321 321 to check

ADAPT is a project run by Fife Alcohol Support Service. We offer advice, access to services and counselling for individuals and family members worried about alcohol, drugs including legal highs (New Psychoactive Substances) and prescribed medications.



Contact ADAPT in confidence

Tel: **01592 321 321**  
[www.fassaction.org.uk](http://www.fassaction.org.uk)

Office:  
FASS  
17 Tolbooth St  
Kirkcaldy  
KY1 1RW



# ADAPT

Recovery Drop-In Clinic



Problems with alcohol or drugs?

We are here to listen and help



**FASS**

ADAPT Substance Recovery is provided by FIFE ALCOHOL SUPPORT SERVICE

# ADAPT

for recovery from Alcohol and Drug problems.

Are you worried about your own or another person's use of alcohol, drugs, legal highs or prescribed medicines?

## ADAPT Recovery Drop-in Clinics

are available throughout Fife.

- Free
- Confidential
- 1-1

## ADAPT 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, relationships.
- Referral to the service which is right for you.
- Waiting time support from ADAPT Support Worker
- Quick access to ADAPT counselling

## Our Services

### ADAPT Drop-in Clinics

No appointment necessary – just pop in or call

### ADAPT Helpline

01592 321 321

Open 9.30am – 4.30pm Mon – Fri

### ADAPT Counselling

- Therapeutic guidance and support
- Home visits and telephone assessments available

### ADAPT Alcohol Diversion Scheme



Fife Alcohol Support Service is a member of COSCA and Alcohol Focus Scotland and is a Charity and a Company Limited by Guarantee Registered in Scotland. Company Registration No. 97502 Registered Charity No. SCO10422

ADAPT is funded by Fife Alcohol and Drug Partnership

## Local and National Services

Addaction	0800 917 9211
CIRCLES	01592 753 383
Clued Up	01592 858 248
DAPL	01333 422 277
FASS	01592 206 200
FIRST	01592 585960
Breathing Space	0800 83 85 87
Safe Space	01383 739 084
Samaritans	08457 90 90 90
Addiction Services	01592 716446

## What happens next

ADAPT Recovery Drop-In Clinic

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ADAPT Support Worker

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Contact

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Referred to:

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