

Sam's is a project that embraces a respect for all approach.

-Everyone is entitled to their own opinion however, if it causes upset or harm to other people you will be asked not to express this opinion in Sam's.

-Sam's respects people's privacy, we ask that no one shares information either verbally or through mobile devices about who is attending Sam's or Sam's team members.

-We have a clear approach to safeguarding attendees, which means that when we welcome you to Sam's a team member will ask for details such as postcode, house number and a name. This is then stored in a locked cabinet, at Sam's we adhere to Data Protection guidance.

Dunfermline 12-8pm
First House, Woodmill Road KY11 4SS
Thursday | Sunday
07725 214 012

Kirkcaldy 12-8pm
Greener Kirkcaldy, 8 East Fergus Place
KY1 1XT
Monday | Friday
07971 892 886

Leven 12-8pm
Forth St Hall KY8 4PF
Tuesday | Wednesday | Saturday
07568127735



Support for mental health issues, crisis and suicidal thoughts

Sam's

Safe Accessible Mindful Space

Sam's offers drop in support for people to access one to one support for mental health issues.

There is no need for a referral or appointment.



Sam's is available when you are, just drop in. Of course you are very welcome to phone beforehand and we can arrange to meet you at the main door.

Emotional support for friends and family is also available on a drop in basis.



Sam's is a 16yrs plus project. There is no cost to attend.

Sam's Support Framework

Where you are...is where we start at Sam's.

We do not ask for any historical information or with regards to any diagnosis.

We listen, offering a safe space for you to talk about what is important for you on the day that you attend.

We offer...

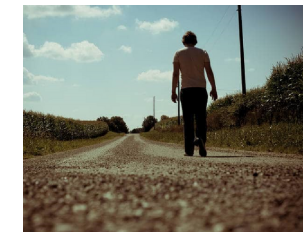
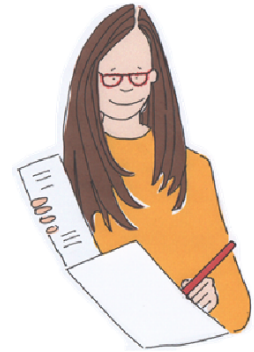
- Peer led support.
- Sharing of coping strategies.
- Structuring steps to recovery.
- Crisis support.
- Coping with suicidal thoughts.
- Support with Grief.
- Coping with a diagnosis.
- Parental responsibilities and balancing mental health issues.

The team at Sam's can support you to develop or re-discover resiliency.

The Sam's Team

The team at Sam's are employed by SAMH (the Scottish Association for Mental Health)

Sam's team access training through SAMH, accessing on going learning and development. At Sam's we embrace a continuous learning and development framework.



The Sam's team are peer workers, which means that team members have a lived journey of mental health issues and recovery.

The team at Sam's can offer understanding from their own journey of mental health issues.

Peer support workers role model that recovery is possible.