



# Staying Safe and Keeping Well

Useful telephone numbers and contact information for support services in Fife



The **Staying Safe and Keeping Well** booklet contains useful tips and information which anyone in Fife can use when trying to cope with difficult times.

The booklet is another step by the Adult Support and Protection Committee in their continuing effort to raise awareness of support available in the Kingdom and ensure people stay safe and well, now and throughout the year.

Remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it's ok to reach out for support.

To view the booklet online visit  
**[www.fife.gov.uk/stayingsafekeepingwell](http://www.fife.gov.uk/stayingsafekeepingwell)**

or scan the QR code below

