

Mental Health Peer Support

Drop in to Sam's...

Linton Lane Centre, Kirkcaldy KY2 6LF



Wed, Fri, Sat, Sun 3.00-9.00pm

Tel: 07971892886

Sam's is re-opening on Friday 24th July 3.00 - 9.00pm.

At Sam's we believe in making a difference, we value supporting people to re-discover their resiliency and supporting people's potential.

We support people with mental health, emotional wellbeing, mental health crisis, grief, life events and suicidal thoughts ...

You do not need to go through things alone...Sam's is here for you.