



The festive period can be very difficult for some people and it might feel overwhelming. It can be difficult to deal with extra stress and keep yourself well.

# Staying Safe and Keeping Well



**Fife Adult Support & Protection**

[www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)



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.

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)**



# Help with... the cost of living



**Everyone is feeling the impact of the cost of living crisis but a huge range of support is available.**

**For useful information, advice, help with benefits, energy bills and food go to: [our.fife.scot/gethelp](https://our.fife.scot/gethelp)**

Use the **free** and **confidential** benefits calculator to receive an estimate of the entitlements you could be missing out on.

**Unable to access information online?**

Call our **Community Support Line**  
**0800 952 0330 (Mon-Fri, 9am-5pm)**

