

COUNSELLING





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We offer confidential, one to one counselling for anyone affected by substance use, including individuals, families and significant others. With a dedicated team of qualified counsellors across Fife, you will be seen within 21 days so you can access support when you need it.

Our counselling is shaped around each person's goals, whether that involves controlled drinking, abstinence, or gaining emotional clarity. We use a collaborative, recovery-focused approach that reflects each person's circumstances, values and aspirations.

Sessions provide a safe, non-judgemental space to explore emotional, practical and psychological challenges linked to substance use. Whether someone is starting their recovery or maintaining progress, we support them at every stage of their recovery and work at a pace that feels manageable for them.

Accessing Support and Referral Pathways

Individuals can self refer for support, families may contact us for guidance and professionals can make a referral with the person's consent.

Call: 01592 321 321

Email: enquiries@ss-scot.org

Web: substancessupportscotland.org

Our team will talk with you about your needs and guide you through the next steps.

COUNSELLING SERVICES

Fast Forward Group Therapy

A therapeutic group that supports ongoing sobriety and strengthens the tools learned in one-to-one counselling.

What we do:

- Revisit and reinforce relapse-prevention strategies
- Create a supportive space for shared reflection and peer connection
- Help people stay focused, motivated and confident in their recovery

Single Session Therapy

A focused, one-off session for people who need support with a specific challenge or moment in their life.

What we do:

- Help people explore a particular issue, event, or decision
- Offer practical tools and clarity on next steps
- Provide timely support without the need for continued sessions

EMDR

A structured Eye Movement Desensitization and Reprocessing approach for processing traumatic memories and easing the emotional impact of past experiences.

What we do:

- Provide EMDR sessions delivered by trained practitioners
- Support emotional processing in a safe and steady environment
- Help reduce trauma-related distress so people can move forward in recovery

Project Shield (Veterans and Their Families)

Specialist counselling and group support for veterans and their loved ones in partnership with Vector 24, with a focus on trauma and removing barriers to accessing care.

What we do:

- Offer one-to-one support within five days of referral
- Provide optional group work for connection and shared understanding
- Support trauma and PTSD needs through an EMDR referral pathway





For opening times and further information
visit our website or scan the QR code

www.substancessupportscotland.org

