



Staying Safe and Keeping Well



Fife Adult Support & Protection
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.

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

or scan the QR code below

