

Resources and Help

Mental Wellbeing for Falkirk District

Get Help and Support

Life can be hard at times and this can impact on our mental wellbeing. The good news is that there is help available to you.



Local support

Falkirk District Association Mental Health (FDAMH)

Provides mental health support.

Call: 01324 671600 Monday to Thursday 9.00 am - 5.00 pm,
Friday 9.00 am - 4.00 pm

Young Person's Mental Wellbeing Service - FDAMH

Ages 13 - 24 (26 if care experienced). Provides practical and emotional support to young people. See contact details above.

Positive Mental Health and Wellbeing Service

Supporting children and young people aged 5 - 24
(26 if care experienced).

Call: 01324 632903 - Monday to Friday 10.00 am - 4.30 pm

Primary Years Outreach Service (Ages 5 - 12)

Provides a free phone support line and outreach support to children and families experiencing emotional distress.

Call: 0800 015 5511

Change Grow Live

Community Substance Use Support Service

Call: 08081 962 188 - changegetlive.org

Andy's Man Club

www.andysmanclub.co.uk

Andy's Man Club is a national peer led support group which has groups meeting in Falkirk area. See website for group details.

Cyrenians: Falkirk Services

www.cyrenians.scot

Addressing and supporting risk factors for homelessness

GP or Mental Health Nurse in your local practice.

National helplines

NHS 24

Call: 111 - 24/7 Support

Breathing Space

Call: 0800 83 85 87

Monday to Thursday 6.00 pm - 2.00 am

Friday to Monday 6.00 pm - 6.00 am

Samaritans

Call: 116 123 - 24/7 Support

Shout

Free, confidential support for all ages.

Text FALKIRK to 85258

24/7 Support

Cruse Scotland

Bereavement support.

Call: 0808 80 26161

Monday to Friday 9.00 am - 8.00 pm

Saturday and Sunday 10.00 am - 2.00 pm

Helplines for young people

Childline

Call: 0800 1111

9.00 am - 3.30 am

Papyrus HOPELINEUK

Call: 0800 068 4141

Text: 07860039967

24/7 Support

Find Information and Resources

Websites



nhsforthvalley.com/mental-health
local resources, support and self help



nhsinform.scot/mind-to-mind
real people's experiences - match, listen and read this to manage your mental wellbeing



nhsinform.scot/surviving-suicidal-thoughts/
real people's experiences of suicidal thoughts and how they are learning to overcome them



suicideprevention.scot
support and information for anyone affected by suicide



cvsfolkirk.org.uk/members-directory/
lists the local groups and organisations who are members of CVS Falkirk & District, advertising their services and the support they provide to the district's diverse communities



ssafa.org.uk/forth-valley
armed forces charity, trusted source of support for personnel veterans

Websites for young people



childline.org.uk
with 1-1 chat from 9.00 am - 10.30 pm
- a free and confidential service where you can talk about anything



young.scot
information created with and for young people



youngminds.org.uk
mental health charity for children, young people and parents



kooth.com (10 - 18 year olds)
a forum and safe space for anonymous support and access to wellbeing tools and resources



togetherall.com (16 - 26 year olds)
a forum and safe space for anonymous support and access to wellbeing tools and resources



talk time scotland (12 - 15 year olds)
the first free counselling service for 12-25 year olds who are physically disabled or have long-term physical health conditions

Digital therapy



wellbeing.silvercloudhealth.com/signup
use PIN Code 'Scotland 2020' self help programmes for wellbeing and mental health



sleepio.com/nhs
digital treatment for insomnia and poor sleep



trydaylight.com/nhs
digital treatment that helps you understand where anxiety comes from and what makes it worse



STOPP App
Download from - Google Play / App Store
use to manage stress, anxiety, negative thinking or other unhelpful habits