

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

GP or Mental Health Nurse in your local practice.

FDAMH (Mental Health Charity in Falkirk)

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). Barnardos 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 - changeandgrowlive.org

Bereavement Service

Call: 01324 614307

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

Helplines for young people

Childline

Call: 0800 1111
9.00 am - 3.30 am

Papyrus HOPELINEUK

Call: 0800 068 4141
Text: 07860039967

Find Information and Resources

Self help for wellbeing



STOPP App
Download from
Google Play / App Store



nhsforthvalley.com/selfhelp

Websites



nhsinform.scot/mind



clearyourhead.scot



nhsforthvalley.com/mental-health

Websites for young people/adults



childline.org.uk
with 1-1 chat from 9.00 am - 10.30 pm



young.scot



youngminds.org.uk



kooth.com (10 - 18 year olds)



togetherall.com (16 - 26 year olds)

Digital therapy



wellbeing.silvercloudhealth.com/signup
(Use PIN Code 'Scotland 2020')



trydaylight.com/nhs



sleepio.com/nhs