



FDAMH
FALKIRK'S MENTAL HEALTH ASSOCIATION

Light in a Dark Place

At FDAMH we offer a safe space with a wide range of services to provide help and support for people who are impacted by mental ill health and those who care for them.

The truth is, we can all use a little bit of help from time to time. **We want you to know that we are here for you when you need us.**

Our Services

- ✓ Distress Response Service
- ✓ Social Prescribing
- ✓ Family & Carer's Support
- ✓ The Social Spark
- ✓ Training Academy
- ✓ Young Person's Mental Wellbeing Service
- ✓ Counselling
- ✓ Personal Development Courses
- ✓ Support Groups

These services are available for anyone over the age of 13 living in Falkirk and District.



Scan the QR code to find out more

Call us on
01324 671 600

Support Us

Your support helps to provide mental health services to people in our community when they need it the most.

Supporting as an individual



Make a donation



Fundraise

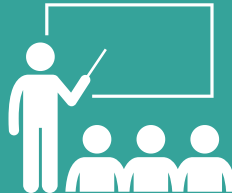


Raise awareness

Supporting as a business



Enquire about Corporate Partnership



Book a course for employees with FDAMH's Training Academy



Set up Payroll Giving

Find out more

If you would like to learn more about how you can get involved, please email community@fdamh.org.uk.

 www.fdamh.org.uk

 01324 671 600

 admin@fdamh.org.uk



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FDAMH (Falkirk's Mental Health Association)
Charity SC011889/Company SC151357