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.

Low mood

Isolation

Sleep problems

Bereavement

Worry

Suicidal thoughts/ feelings

Depression

Anxiety

Get Help and Support

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 - changegrowlive.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

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)

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

Digital therapy

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

trydaylight.com/nhs

sleepio.com/nhs