

IMPACT REPORT

2024/2025

A CELEBRATION OF...

OUR STAFF

HOW FDAMH WORK TOGETHER TO SUPPORT THE PEOPLE OF FALKIRK

OUR CULTURE OF WELLBEING

HOW FDAMH CURATE A CULTURE OF CARE FOR OUR STAFF

OUR SERVICES

HOW OUR RANGE OF SERVICES ENSURES A TAILORED APPROACH TO SUPPORT

OUR COMMUNITY

HOW THE PEOPLE OF FALKIRK SUPPORT FDAMH



FDAMH

FALKIRK'S MENTAL HEALTH ASSOCIATION



FDAMH

FALKIRK'S MENTAL HEALTH ASSOCIATION

Celebrating Another Year of Making a Difference

Welcome to FDAMH's Annual Impact Report for 2024/2025.

As we reflect on this year, we want to celebrate the dedication and commitment of our amazing staff, volunteers, supporters and local community.

Their unwavering professionalism, understanding and generosity help us to continue to provide support to those facing mental health challenges in the Falkirk District and raise awareness of the importance of looking after our mental health.

“

FDAMH are committed to offering hope through trusted mental health and wellbeing support. FDAMH's hope is to build a community where everyone can access the care they need, whenever they need it.

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86%

of our clients told us that FDAMH played an important part in improving their mental health.

FACING SCOTLAND'S MENTAL HEALTH CRISIS

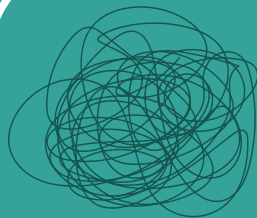
Scotland is facing a deepening mental health crisis, with increasing numbers of people experiencing mental health issues yet unable to access the support they need.

Recent reports highlight that one in three people in Scotland will experience a mental health problem during their lifetime, and this is reflected in the growing demand for mental health services. However, services remain stretched and underfunded often resulting in long wait times, reduced availability, and limited resources.

As a result, many individuals face significant barriers when seeking help leading to worsening mental health conditions, increased hospital admissions and even preventable deaths by suicide.

1 in 3

people in Scotland will experience a mental health problem in their lifetime



1 in 4

clients shared they were experiencing suicidal thoughts

It is in this context that organisations like FDAMH have become more vital than ever. FDAMH plays a crucial role in bridging the gap between individuals and the often-overburdened NHS mental health services.

Many people face barriers to accessing statutory care, whether due to long waiting lists, stigma, or a lack of knowledge about available services. FDAMH steps in to offer short-term intervention and prevention services and provide immediate, practical help and to ensure that individuals receive the right support at the right time. This can be life-changing for those who might otherwise fall through the cracks.



“By offering swift, local support, FDAMH fills the critical gap between need and access in Scotland’s overstretched mental health system.”



In an era where mental health problems are rising across the population, FDAMH’s community-based services offer an invaluable resource for those who need it most. We not only provide vital support but also raise awareness of mental health issues, reducing stigma and promoting a more inclusive society where people feel empowered to seek help.

As the mental health crisis continues to grow in Scotland, FDAMH is an indispensable part of the solution.

A Message from Our CEO

Ian Dickson

Now in my fourth year as Chief Executive of FDAMH, I remain proud and humbled by the huge impact our team makes to the lives of people in our community.

Demand for our services has been high in recent years, and we have developed and grown our range of services to accommodate the changing needs of our clients. Extending our opening hours and making services easier to access has helped ensure that we are available to everyone in Falkirk.

DID YOU KNOW?



FDAMH offer evening appointments, four days a week to work around **your schedule.**



We are blessed with an outstanding team, made up of around 70 staff and volunteers - everyone providing a vital contribution to what we do.

Our Mental Health Team do a brilliant job in directly supporting clients however we cannot overlook the amazing work undertaken by our back-office staff, often operating behind the scenes.

I am excited about the future for FDAMH, as we continue to work hard to ensure that everyone can get the support that they need, when they need it.

A Message from Our Chair

Nicola Vallance-Ross

In a relatively short time, of just under a year as Chair of FDAMH, I have been spectacularly impressed by the organisation, and its employee's unparalleled and genuine commitment to preventing illness and helping those suffering from poor mental health in their recovery journey.

From the new Distress Brief Intervention (DBI) service, the recruitment of new posts to new social media strategies; I have witnessed an impressive charity with a multitude of bespoke mental health interventions thrive, in a somewhat difficult and complex environment.



The Board is largely new in membership and in the early stages of development; while this can present challenges, I am confident that each new Board member brings unique perspectives and professional experience to help govern and steer FDAMH.

I would like to give thanks to the staff of FDAMH and its Senior Leadership Team who have welcomed the Board as their constructively critical friend.

I am excited to enter my second year as Chair of a charity with a meaningful and critical role in the local community.

“

It is my pleasure to Chair the Board for this next period, to connect its members to the work of FDAMH and help achieve our goals.

”

A CELEBRATION OF OUR STAFF

The People Behind FDAMH

At the heart of FDAMH is the wonderful staff who work every day to support those who face mental health challenges and advocate for improved mental health and wellbeing.

FDAMH are proud to operate with a dedicated team of around 70 qualified and experienced staff and volunteers, who are passionate about the organisation and mental health. Over 80% of our team hold university degrees and master qualifications relevant to their roles. Each team in FDAMH play an important role in coordinating, facilitating and delivering support services to our clients and external partners. Each team member deserves recognition and praise for the work they do (both front-facing and those behind the scenes) so let us introduce you to who FDAMH are!

The **Business Support Team** work across the charity providing a wide variety of support to services, individuals and the organisation as a whole. With an average of 8.5 years' experience each of working within FDAMH, the Business Support Team have a great breadth of knowledge which navigates the smooth running of the organisation behind the scenes. The Business Support Team are the first point of contact for clients who are taking their first step in seeking support and are there to provide guidance and answer any question with empathy.




Over 80%
of our team hold
university degrees and
master qualifications
relevant to their roles. 

Of equal importance is our **IT Team** who play a pivotal role across FDAMH. The team work behind the scenes to ensure our bespoke systems run effectively which enable us to accurately record information and gives our clients the opportunity to book their own appointments for additional accessibility.

This year, the **Marketing Team** has played a vital role in raising awareness of our mental health services and promoting open conversations to help break down the stigma surrounding mental health. Through fundraising campaigns, engaging social media content, and strong community partnerships, the team has helped amplify the voices of those we support and highlight the impact of our services. Over the past year, we have significantly expanded the charity's reach and engagement growing our social media followers by 28% and increasing our reach by 44%.

Implementation of strong marketing and social media strategies has increased our reach by:

44%



Make sure to follow FDAMH on social media!



FDAMH's Training Academy delivered

3,549 

hours of training last year!



FDAMH have our own **Training Academy** which provides a comprehensive catalogue of training, information sessions and educational workshops on many key mental health subjects. Our wide array of courses ensure we can offer organisations and individuals a learning experience that is designed and delivered to improve their mental health awareness, whilst offering strategies to not only support their own wellbeing but support colleagues, families and friends. All profit from training delivered by the Academy goes straight back into providing free support services for our community.

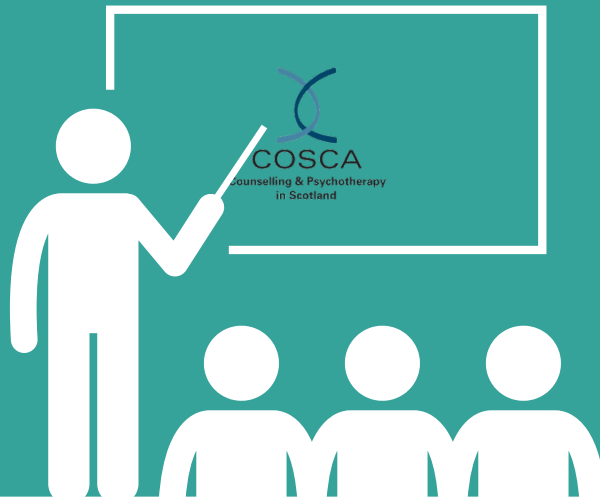
A huge training project for the team is the delivery of the COSCA Counselling Skills Certification. FDAMH's COSCA accredited tutors deliver this SCQF Level 8 course to those who wish to take the first step in their own counselling journey or learn techniques to improve their listening and communication skills.

FDAMH's Training Academy

COSCA COUNSELLING SKILLS COURSE

SCQF Level 8

- ✓ Enhance your communication skills
- ✓ Improve your understanding of yourself and others
- ✓ Learn and develop a counselling approach



**[CLICK HERE](#) TO FIND OUT MORE OR
CONTACT US:**



01324 671 600



lisa.alexander@fdamh.org.uk



At FDAMH, the **Finance, Funding and Fundraising Team** forms the backbone of our organisation's sustainability and growth. We manage all aspects of financial planning, monitoring and reporting to ensure every pound is used wisely and transparently. Through careful budgeting and robust governance, we give our services the stability to thrive.

We secure vital funding and inspire community giving so we can continue to expand our reach and impact. Our work ensures FDAMH can continue delivering life-changing mental health support across Falkirk and beyond — empowering our staff, strengthening our services, and ensuring hope and recovery remain at the heart of everything we do.

Our **Services Team** offer bespoke and person-centred mental health support and guidance to clients. The team is made up of counsellors, therapists and psychologists who all have a breadth of knowledge and experience within the mental health sector.

The Services Team is also supported by FDAMH volunteers who help to facilitate social groups for those in our community too.



“

I contacted FDAMH not knowing what to expect. I was then put in touch with a practitioner who has been absolutely amazing. She has great listening skills and has helped me to look and deal with difficult situations in a better way. After every appointment with her I always felt an improvement in my day. Great service and staff extremely helpful.

Client Testimonial

”

A CELEBRATION OF OUR STAFF

MEET THE TEAM

A key milestone for FDAMH was the launch of our Distress Brief Intervention (DBI) service in November 2024, which provides personalised support to people in acute crisis within 24 hours of referral.

We met with Ellie McManemy, DBI Team Lead, to talk about what inspired her to work in the mental health field and the fundamental role she plays in FDAMH.

Why did you choose this career?

I knew that I wanted to work in a mental health setting from a young age, after realising how many people are negatively and debilitatingly impacted by mental health difficulties. I am passionate about creating a safe environment for individuals in crisis to receive the support and understanding that they require.

I believe that by speaking to and engaging in therapeutic services, you can learn the skills to manage your mental health and create the life that you want. I am determined to make a difference in people's lives when they need it most.



What professional training did you undertake to do your role?

My current role within FDAMH came after obtaining my undergraduate honours degree in psychology. I started working in FDAMH's Young Person's Service (YPS) as I finished this, and was then supported by my manager to apply for and obtain my master's degree in Psychological Therapy in primary care, qualifying me as a Clinical Associate in Applied Psychology.

During my MSc training, I treated patients with cognitive behavioural therapy within a specialist Pain Management Service in NHS Lothian. This provided me with specialist skills in treating individuals presenting with mental health conditions and chronic long-term conditions applying elements of Compassion Focussed Therapy and Acceptance and Commitment Therapy.

Why do you think it is important to have a service like FDAMH in our community?

According to the National Records Scotland probable suicides report (2024), the average suicide rate in Scotland is 12.7 per 100,000 people. However, Forth Valley exceeds the national average, with rates of 14.1 per 100,000. Not only is this a tragedy for those directly impacted, but also for the ripple effect of this within the community.

This highlights the vital need for services like FDAMH, which provide fast, non-judgemental, and compassionate support when people need it most. FDAMH also plays a crucial preventative role reducing isolation, promoting connection, and educating the community about mental health to reduce stigma. By supporting people early, before reaching crisis point, FDAMH helps improve mental wellbeing, alleviate pressure on NHS services, and foster a more inclusive, resilient community filled with hope and understanding.

**YOUR WELLBEING
MATTERS. [CLICK HERE](#)
TO REACH OUT TO
FDAMH.**

What do you enjoy most about your job?

While this job is not without its challenges, I find it incredibly rewarding to support individuals at their lowest points, in crisis. I support individuals with various complex presentations and develop targeted support plans to stabilise them and empower them to manage their own mental health going forward. I find it incredibly rewarding seeing individuals progress and am both proud and grateful to have been given the opportunity to manage a team of hardworking and caring professionals dedicated to the same cause.

Do you have any advice for somebody who would like to reach out to us but doesn't know what to expect?

I would like to reassure them that reaching out is the hardest part. It takes a lot of strength and bravery, and it is completely valid to fear this big step. However, once you take that step, you can be supported without judgement, allowing you to share the weight that you're carrying on your shoulders with somebody else. If you reach out, we will strive to support and encourage you, helping you to see the light in a dark place.



A Celebration of Our Culture of Wellbeing



The overall success of an organisation is often a direct reflection of the culture and working environment. The wellbeing of our team at FDAMH is so important. A lot of on-going work goes into ensuring that we create an environment where everyone can feel safe, motivated and supported – providing a platform for our staff to perform at their very best.

A wide range of initiatives are in place, including a staff wellbeing hour, staff team building days and the opportunity for continuous professional development. Curating and fostering a positive, collaborative and supportive work environment means that come Sunday night, staff look forward to the working week ahead!



In 2024, FDAMH introduced a wellbeing hour to encourage staff to take an hour out of the busy working month to dedicate to doing something which brings them joy or relaxation. Staff have shared that they use their hour to go for a peaceful walk, treat themselves to a self-care appointment or simply curling up on the sofa with a book and a cuppa before starting work. Small gestures such as our wellbeing hour helps reduce burnout and encourages staff to value their “me-time”.

Every three months, FDAMH have an in-person staff team building day. It’s a chance for all staff, volunteers and board members to come together and strengthen working relationships all whilst having some fun! Last Christmas, FDAMH organised a festively fun “who done it?” murder mystery with some help from a few elves!



We believe that our culture of wellbeing which FDAMH has built deserves to be celebrated. It is true that we spend most of our time in the workplace, which is why we want to create an environment where staff want to work.

We spoke to Rachael Stupart, who has worked in FDAMH for over ten years in a Management Support role, about why she enjoys working with us:

“

The mutual support and connection that I have been privileged to enjoy with colleagues at FDAMH over the years have been central to allowing us to share ideas and make my support role rewarding. It certainly is a gift being around so many caring, expert listeners... and I may have taken advantage of that from time to time! (Thanks everyone!).

More recently, a great deal of understanding and support from my manager has allowed me to keep up with my work commitments whilst supporting others in my personal life, which has been invaluable for me and my family.

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Our staff are encouraged and supported to undertake courses and qualifications relevant to their role. Continuous professional development provides opportunities for staff to upskill and grow in their role.



A Celebration of Our Services

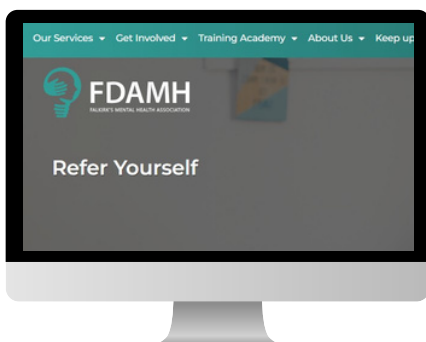
FDAMH are committed to ensuring that no one faces mental health challenges alone. By ensuring that individuals can access the right support directly within our service, we reduce delays, avoid duplication and provide timely, appropriate interventions that make a real difference. This joined-up approach not only enhances the experience for service users but also delivers greater efficiency and value across the wider mental health and social care system.

Every day, we offer a compassionate, person-centred lifeline to individuals and families, helping them regain confidence, connection, and hope. Whether through counselling, group recovery programmes or family interventions, FDAMH provide a “no wrong door” service where people are met with understanding, choice, and meaningful support.

Despite ongoing pressures in mental health services and rising demand, our staff and volunteers have shown exceptional resilience by adapting services, embracing digital flexibility, and maintaining continuity of care even in challenging circumstances. FDAMH’s services strive to help individuals who once felt lost rediscover confidence, hope, and belief in themselves.

DRS - Initial Assessment Service

All clients who refer to FDAMH through our bespoke online system (which can be accessed via our website) are offered an initial telephone assessment. Once the referral is complete, each client can book their own appointment at a time that works for them. FDAMH aims to provide assessments within 5 days of referral.



DID YOU KNOW?



FDAMH are one of only a few support services in the Falkirk District that have an online referral system? Our bespoke referral system **increases accessibility**, empowering clients to choose appointments that suit their needs.

DBI - Distress Brief Intervention

The Forth Valley DBI Service provides a timely, person-centred response for those experiencing distress. Our DBI team contact the individual within 24 hours of referral. This rapid engagement is essential in supporting people at their most vulnerable; helping to reduce distress, prevent escalation and contribute to suicide prevention.

OUR IMPACT

Participants report reduced levels of distress, increased sense of safety, and greater confidence in managing their mental health and wellbeing.

Counselling Service



FDAMH's Counselling Service provides tailored one-to-one support for individuals experiencing challenges with their mental health and wellbeing. The service offers up to nine weekly sessions delivered face to face or remotely, giving people accessible and flexible support at the time they need it most.

Our trained counsellors draw on a range of therapeutic approaches including Cognitive Behavioural Therapy (CBT), Person-Centred Therapy, Talking Therapy, and Psychodynamics. This breadth of expertise enables us to respond to individual needs and preferences, helping clients explore and understand their experiences while developing effective coping strategies.

If it wasn't for FDAMH I wouldn't be here, they have helped me so much. The facilitators have been fantastic, giving me tools to help improve my life and helping me to cope with life going forward which I really appreciate.

(Jenny, Counselling Client)

Families and Young People Counselling Service

Our service offers support for young people aged 13-24 (or aged 26 if care experienced) and their families to move from crisis or distress toward resilience, wellbeing, and empowerment. Many clients arrive experiencing depression, anxiety, low self-esteem, and feelings of helplessness, and leave with practical coping strategies, improved self-care, restored confidence, and a stronger sense of control over their lives.



OUR IMPACT

By delivering evidence-based interventions in a flexible, family-centred model, FDAMH's Families and Young People Counselling Service strengthens resilience across generations and supports families to thrive.

Family Carers Service



FDAMH continues to provide a wraparound service for families and carers, ensuring they have access to the right support to manage the challenges that impact mental health and wellbeing. This year has seen a significant rise in referrals from families supporting loved ones affected by neurodiversity, conflict within the home, and wider mental health difficulties.



OUR IMPACT

FDAMH provide a confidential space for young people and family members to express feelings, resolve conflicts, and build mutual understanding.

With this in mind, all of our practitioners have undertaken intensive training to deliver appropriate, meaningful, and tailored support for each family unit. The addition of FDAMH's new Young Person's and Family Counsellors has also expanded our ability to deliver one-to-one, bespoke support for those who might not be ready to join group sessions.

A Journey Towards Resilience: Supporting Rebecca, A Family Carer

Rebecca was referred to FDAMH by her GP when caring for her elderly parents and supporting her two adult children became overwhelming. As a single mother and primary carer, the constant pressure severely affected her mental health. Past trauma, linked to her parents' health crisis and existing PTSD, made it hard for her to seek help.



At referral, Rebecca was highly stressed, anxious, and struggling with sleep, guilt, and family tension. Limited understanding of PTSD further strained her wellbeing and relationships.

Through FDAMH, Rebecca focused on self-care, reducing anxiety, and rebuilding confidence. Regular sessions helped her manage stress, recognise her limits, and develop assertiveness. She attended the Carers Education Course and connected with the Carers Centre for practical advice and ongoing support.

Her children also benefitted through FDAMH Parent Groups and the Young Person's Service, improving communication and family dynamics. After her father's passing, Rebecca received crisis support and a referral to Cruse Scotland, ensuring continued care.

Rebecca completed the six-session Carers Course and developed a structured care plan for her parents with guidance from the Carers Centre. She gained access to wellbeing groups and continued building confidence and resilience. Reflecting on her journey, Rebecca shared:

I feel like a huge weight has been lifted. Being able to come to my appointments and feel heard and listened to has significantly improved my mental health.

By the end of her time with FDAMH, Rebecca had strengthened her coping strategies, built resilience, and improved family relationships through holistic support for both herself and her children.

Young Person's Service

The Young Person's Mental Wellbeing Service aims to promote recovery, resilience, and self-management for those experiencing reduced mental wellbeing. Now in its third year, FDAMH continue to support young people aged 11-24 (up to 26 for those with care experience). The recent change to extend our service to include 11-12-year-olds ensures we can intervene earlier, providing person-centred support during an important developmental stage.



OUR IMPACT

Internal data shows that early intervention reduces onward referrals to CAMHS and other specialist services, demonstrating a preventative impact.

Parent Groups

OUR IMPACT



Families are better equipped with knowledge, skills, and coping methods to foster resilience, reduce stress, and improve wellbeing for everyone in the household.

My daughter was having counselling, when I asked for parenting advice I was then given opportunity to take part in parent group. So I feel their support is available for both of us to improve our situation."

(Sarah, Parent Group Participant)

Parenting and caregiving can be challenging for everyone, but supporting a child or young person who is struggling with their mental health and wellbeing can be particularly difficult and distressing for the whole family. This course provides parents and caregivers with knowledge, strategies, and confidence to better understand and respond to these challenges.

The course explores the causes of stress and anxiety, practical coping methods to reduce worry, and how parental anxieties and responses can significantly influence a child or young person's own wellbeing. Participants also examine issues commonly faced by young people today, including neurodiversity, body image, sleep difficulties, and the impact these have on mental health.

Bereaved by Suicide

The Bereaved by Suicide Service provides individual and group support to those affected by the loss of a loved one to suicide. Currently, the service offers up to eight one-to-one support sessions and the opportunity to participate in a monthly peer support group, providing a safe and confidential environment where participants can share experiences, explore feelings, and give and receive support. The service also delivers the Seasons for Growth course, which helps participants navigate grief and loss while benefiting from peer support and learning practical strategies to manage emotional challenges.



OUR IMPACT

Individuals highlight the value of peer support, finding comfort and connection with others who share similar experiences.

Psychoeducational Groupwork

OUR IMPACT

Participants report improved understanding of mental health and increased confidence in self-managing their wellbeing.

FDAMH's Psychoeducational Groupwork provides individuals with opportunities to deepen their understanding of mental health, enhance self-awareness through reflection and exercises, and gain practical tools and techniques to self-manage their wellbeing.

Over the past year, participants have attended groups including CBT for Anxiety, Seasons for Growth, Promoting Better Sleep, Improving Self-Esteem & Communication, and Positive Wellbeing. In response to emerging needs, new groups have been introduced covering areas such as menopause and chronic pain management, reflecting a shift towards offering the support that people need.



Social Prescribing

The Social Prescribing Service provides one-to-one holistic support aimed at promoting self-management, recovery, and overall wellbeing for people experiencing poor mental health. During sessions, participants are supported to work through the issues that matter most to them such as housing, finances, and other social factors that directly impact mental health. Using a person-centred approach, the service equips people with tools and techniques to problem-solve, build confidence, and explore new opportunities.

OUR IMPACT

One-to-one sessions support participants to address practical challenges, including housing, finances, and other social factors affecting mental health.



“ Claire’s Story

Social Prescribing with FDAMH has been an amazing journey, using tips and tools that I was given and working with them. Over the months that I've been working with my practitioner I can see a change in my mindset and my improving mental health. Thank you so much for supporting me on this journey and sign posting my way ahead.



Social Spark Service



The Social Spark service provides a wide range of social, creative, and outdoor activities for people across Falkirk District who may be experiencing loneliness, isolation, or poor mental and physical health.

Our small groups are delivered by experienced staff and supported by volunteers, many of whom have previously used FDAMH services themselves and developed the skills and confidence to become volunteers or group leaders. This peer-led element brings lived experience into the heart of the service, creating safe, welcoming spaces where people feel understood and supported.

Our Year in Numbers

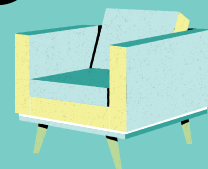
2,335

UNIQUE INDIVIDUALS WERE SUPPORTED BY FDAMH



14,239

SESSIONS WERE OFFERED.



TOP 5 REASONS FOR REFERRAL

- 1 ANXIETY
- 2 LOW MOOD
- 3 STRESS
- 4 LOW CONFIDENCE
- 5 PROBLEMS SLEEPING

1 in 4

PEOPLE TOLD US THEY WERE EXPERIENCING SUICIDAL THOUGHTS.



86%

CLIENTS TOLD US THAT "FDAMH PLAYED AN IMPORTANT PART IN IMPROVING THEIR MENTAL HEALTH."



2,443

CLIENT REFERRALS TO FDAMH WERE MADE BY EXTERNAL PARTNERS



CLIENTS ONLY HAD AN AVERAGE WAIT TIME OF

33 DAYS



TO RECEIVE SUPPORT FROM FDAMH SERVICES

A Celebration of Our Community

FDAMH continue to offer free, confidential mental health and wellbeing support to all residents of Falkirk District thanks to the help and generosity of the amazing community which surrounds us. From fundraisers who take part in events and challenges to raise vital funds for our service, to local businesses who donate and raise awareness of FDAMH - we thank you all! With your support we can continue in our mission to ensure no one faces mental health problems alone.

Here is snapshot of what our fundraisers and supporters got up to over the year!



INEOS TOUR DE FRANCE CHALLENGE

The team at INEOS took on an incredibly tough Tour de France challenge. Teams of employees from the Grangemouth site worked together to cycle the same distance covered by the professional Tour de France peloton - phew! The team raised a brilliant £1000 for FDAMH in the process. The tired legs were totally worth it! Thank you, Team INEOS Grangemouth!

SCOTT'S BIRTHDAY BASH

A huge thank you to Scott Steel, who celebrated his 60th birthday with a party and decided to have donations instead of presents. Scott kindly chose to support FDAMH and raised over £600! The kindness and generosity of our supporters is truly heartwarming.



HAY'S TRAVEL FALKIRK'S YEAR OF FUNDRAISING

Over the year of 2024, Hays Travel Falkirk ran a fundraiser for FDAMH. The team set a goal of raising £1000 via customer donations, with those who kindly donated being in with a chance to win a £1000 Hays Travel voucher! We were so incredibly grateful to the team at Hays Travel Falkirk for choosing to support FDAMH in this way. We hope the lucky winner had an amazing holiday too!

FDAMH will seize every opportunity to develop and strengthen our connections, engagement and presence within the Falkirk community so we can continue to raise awareness and advocate for everyone's mental health. Here are just a few amazing examples which showcase FDAMH's community reach:



LARBERT HIGH WINS FOR FDAMH

At the beginning of 2025, pupils at Larbert High School selected FDAMH as their chosen charity as part of the YPI (Youth Philanthropy Initiative) project. This fabulous group presented an incredible and compelling story to the judges about how FDAMH would benefit from the funds and...they WON! FDAMH are so proud of the pupils and their dedication to demonstrating the importance of mental wellbeing.

CREATING A COMMUNITY OF CARE

FDAMH strive to inform our community about the importance of good mental health. In December 2024, FDAMH delivered a two-day certified Scottish Mental Health First Aid (SMHFA) course. It enabled us to connect with local residents and educate them on how to provide help if someone is experiencing a mental health crisis. FDAMH believe knowledge is power, and by offering courses such as SMHFA we are equipping individuals with skills on how to help others in our community.



GET INVOLVED WITH FDAMH!



Jump in and get involved with FDAMH! Whether you fundraise, volunteer, or spread the word, your support helps us change lives and champion mental health and wellbeing. Click [HERE](#) to find out how you can make a difference!

Looking to the Future



FDAMH have lots of exciting things planned for the year ahead, not least a refurbishment of our building! We aim to create a calm, safe and welcoming space for our clients and provide additional client spaces and better working areas for our team. The creation of more client spaces will enable us to offer even more appointments and extend our help to even more individuals who reach out to us for support!

Furthermore, the ongoing development of our range of services will mean more choice than ever before for our clients, letting us make sure people get exactly what they need without having to be signposted to other organisations.



As we reflect on and celebrate FDAMH's successes and achievements over 2024/2025, it fuels us to approach the next year with the same enthusiasm and determination to drive our purpose forward: supporting anyone who is experiencing mental health challenges and continuing to be their Light in a Dark Place.



"IN A TIME OF NEED FDAMH OFFERED THE SUPPORT I NEEDED. I FELT LISTENED TO WITHOUT JUDGMENT. EVERYTHING WAS AT MY PACE. I WAS INTRODUCED TO NEW COPING METHODS THAT I COULD USE IN MY DAY TO DAY LIFE. I APPRECIATE THE SUPPORT GIVEN. **THANK YOU FDAMH. I COULDN'T RECOMMEND YOUR SERVICE MORE."**

THANK YOU

We would like to thank the organisations listed below for their amazing support throughout the year and extend a huge thank you to everyone who donated to FDAMH. Every penny we receive from donations goes straight into FDAMH to enable us to continue providing free, person-centred support to those experiencing mental health problems. We are truly grateful for your generosity!

- **Falkirk Health & Social Care Partnership**
- **Lottery Community Fund**
- **People's Postcode Lottery**
- **Bo'ness 41 Club**
- **The Wood Foundation**
- **Falkirk High School**
- **St John's Church**
- **Currys**
- **The Engine Room**
- **Whyte & McKay**
- **The Kelpies**
- **Brightons Rangers Supporters Club**
- **CVS Falkirk**
- **Falkirk Council**
- **Robertson Trust**
- **Scott Martin Trust**
- **Link Group Ltd**
- **INEOS Grangemouth**
- **Grangemouth Triathlon Club**
- **DM Dawson Trust**
- **Hays Travel Falkirk**
- **Falkirk Rotary Club**
- **TK Maxx**
- **The Kiltwalk**
- **TL Dallas**
- **SPS College**

We would also like to take this opportunity to say thank you to our team of brilliant volunteers who have dedicated their time and energy to FDAMH over the last year. Your support means everything.

**WE COULDN'T DO WHAT WE DO
WITHOUT YOU!**



FDAMH

FALKIRK'S MENTAL HEALTH ASSOCIATION

IT'S OKAY TO ASK FOR HELP

WE CAN ALL USE A LITTLE BIT OF HELP SOMETIMES.
WE ARE HERE FOR YOU WHEN YOU NEED US.

[CLICK HERE](#)

to find out more.

Call us on
01324 671 600