



FDAMH
FALKIRK'S MENTAL HEALTH ASSOCIATION

Young Person Trustee Opportunity

Information Pack

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Introduction to FDAMH

We are Falkirk's Mental Health Association, and we have been supporting the Falkirk and District community **for over 40 years.**

FDAMH is well known and trusted within the local community and **plays a vital role in the recovery of thousands of people** who are experiencing or have experienced mental ill health.

We aim to continue with our success and we need **fresh, dynamic perspectives** to help us get there!

We supported 2,335 unique individuals in 2025

That's 1 in 69 people across the entire Falkirk District

Why We Need You

Have you got a keen interest in mental health and would like the opportunity to continue with our success?

FDAMH is committed to **equality, diversity and inclusion** and believes that having a diverse Board that includes young people as Trustees enables this.

We are looking for a **passionate young person (aged 18-30)** to join our Board of Trustees. As a young person on the FDAMH Board of Trustees we are looking for your experience and fresh perspective you bring as a young person.

Whether you are a **student, an early-career professional, or have unique life experiences** that will bring something new, you could be exactly what our board needs to make better, more relevant decisions.

You do not need prior board experience or formal qualifications to apply. We recruit for potential, enthusiasm, and fresh ideas.



Who We're Looking For?

-  **Young Person aged 18 to 30**
-  **Student, early-career professional or someone with unique life experience**
-  **You don't need previous board experience or qualifications**

What Will You Gain?

*Being a trustee is one of the best ways to kickstart your career and develop leadership skills.
By joining us, you will:*



Build strategic
decision-making and
management skills

Work alongside
and network
with established
professionals



Receive a full
induction,
ongoing skills
and learning
development

Make a tangible
difference to a
sector you have a
vested interest in



The Commitment

TIME

We hold **4 board meetings per year**, along with **3 development sessions** which take place on a Wednesday evening, and generally last 2 hours.



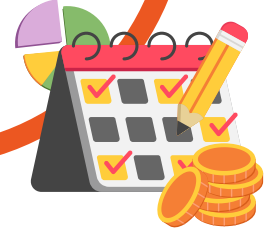
LOCATION

Our offices in **central Falkirk**.



EXPENSES

This is a **voluntary role**, but all out-of-pocket travel and care expenses are **fully covered**.



 **86%**
of individuals told us that FDAMH played a role in improving their mental wellbeing

Be a part of a charity who makes a real impact on people's lives..

*Your time counts.
Your voice counts.*





How to Apply

if you're interested in this volunteer role, please download and complete our applicant pack.

For an informal, confidential conversation about the role, please reach out to:

Morag Fullard - morag.fullard@fdamh.org.uk

Find out what makes FDAMH a great organisation to be involved with. Watch our [brand film](#) to meet our team, learn about our culture and see how we're making a positive impact every day.





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

FDAMH (Falkirk's Mental Health Association)
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