

Mental Health Support

Name	Contact	Opening Times
Immediate Help		
Samaritans	Call: 116 123 Text: 07725 90 90 90 Email: jo@samaritans.org	24 hours a day, 7 days a week.
FDAMH Immediate Help Service	01324 671600	Monday – Thursday: 9am – 5pm, Friday: 9am – 4pm.
Breathing Space	0800 83 85 87 (free) Webchat (linked)	Monday – Thursday: 6pm – 2am; Weekend: Friday 6pm – Monday 6am.
ChildLine	0800 1111 (free) 1-2-1 counsellor chats (linked)	Every day, 7:30am – 3:30am.
The Spark Relationship Helpline	0808 802 2088 (free)	Monday - Thursday: 9am – 9pm Friday: 9am – 4pm (Excluding public holidays.)
NHS 24 Scotland	999 (for emergencies only)	24 hours a day, 7 days a week
A&E, Forth Valley Royal Hospital	01324 566 100	24 hours a day, 7 days a week.
General Support		
Wellbeing Scotland	01324 630 100 info@wellbeingscotland.org	Monday – Thursday: 9am – 5pm, Friday: 9am – 3pm
SAMH	0344 800 0550	Monday – Friday: 9am – 6pm (except on Bank Holidays).
NHS 24 Scotland	111 (for support on accessing services)	24 hours a day, 7 days a week
Penumbra	0131 221 9607	Monday – Friday: 9am – 5pm
Counselling Directory	Online directory of local qualified counsellors and therapists; not endorsement	24 hours a day, 7 days a week