

Resources and Help

Mental Wellbeing for Falkirk District

How do you feel?

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.



Local support

Dr or Mental Health Nurse in your local practice

FDAMH (Mental Health Charity in Falkirk)
Call 01324 671600 Monday to Thursday
9am - 5pm, Friday 9am - 4pm

Positive Mental Health and Wellbeing Service
(supporting children and young people aged
5-24 or 26 if care experienced)
Call 01324 632903
Monday to Friday 10am - 4.30pm

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 6pm - 2am,
Friday to Monday 6pm - 6am

Samaritans
Call 116 123, 24/7 support

Helplines for young people

Childline
Call 0800 1111, 9am - 3.30am

Shout (free, confidential support)
Text SHOUT to 85258, 24/7 support

Find information and resources

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

Websites for young people



childline.org.uk
with 1-1-chat from
9am - 10.30pm



young.scot



youngminds.org.uk

Digital therapy



wellbeing.silvercloudhealth.com/
signup (use PIN code 'Scotland
2020')



trydaylight.com/nhs



sleepio.com/nhs