



FDAMH

FALKIRK'S MENTAL HEALTH ASSOCIATION

Mental Health and Wellbeing in Falkirk

5th June 2024

Ian Dickson – Chief Executive Officer



AGENDA

- FDAMH – A Quick Overview
- 2023 Statistics
- Our Services
- What Impacts on our Wellbeing?
- Questions





WHAT IS FDAMH?

- Falkirk & District Association for Mental Health.
- Independent charity established in 1981.
- Providing person centered one-to-one and group mental health and wellbeing support to people aged 13 and over in the Falkirk and District Community.





FDAMH



2023 STATISTICS



...
We supported **2,579 individuals** in the Falkirk & District community.



...
1 in 4 people told us they were experiencing suicidal thoughts.



...
The age range of those supported was **13 - 86 years old**.



OUR SERVICES

- Distress Response Service
- Counselling
- Social Spark
- Social Prescribing
- Psychoeducational Groupwork
- Family & Carers' Support
- Young Person's Mental Wellbeing Service
- Training Academy



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.

01324 671 600 | [FDAMH.ORG.UK](https://www.fdamh.org.uk) | [@FDAMHORG](https://www.facebook.com/fdamhorg)

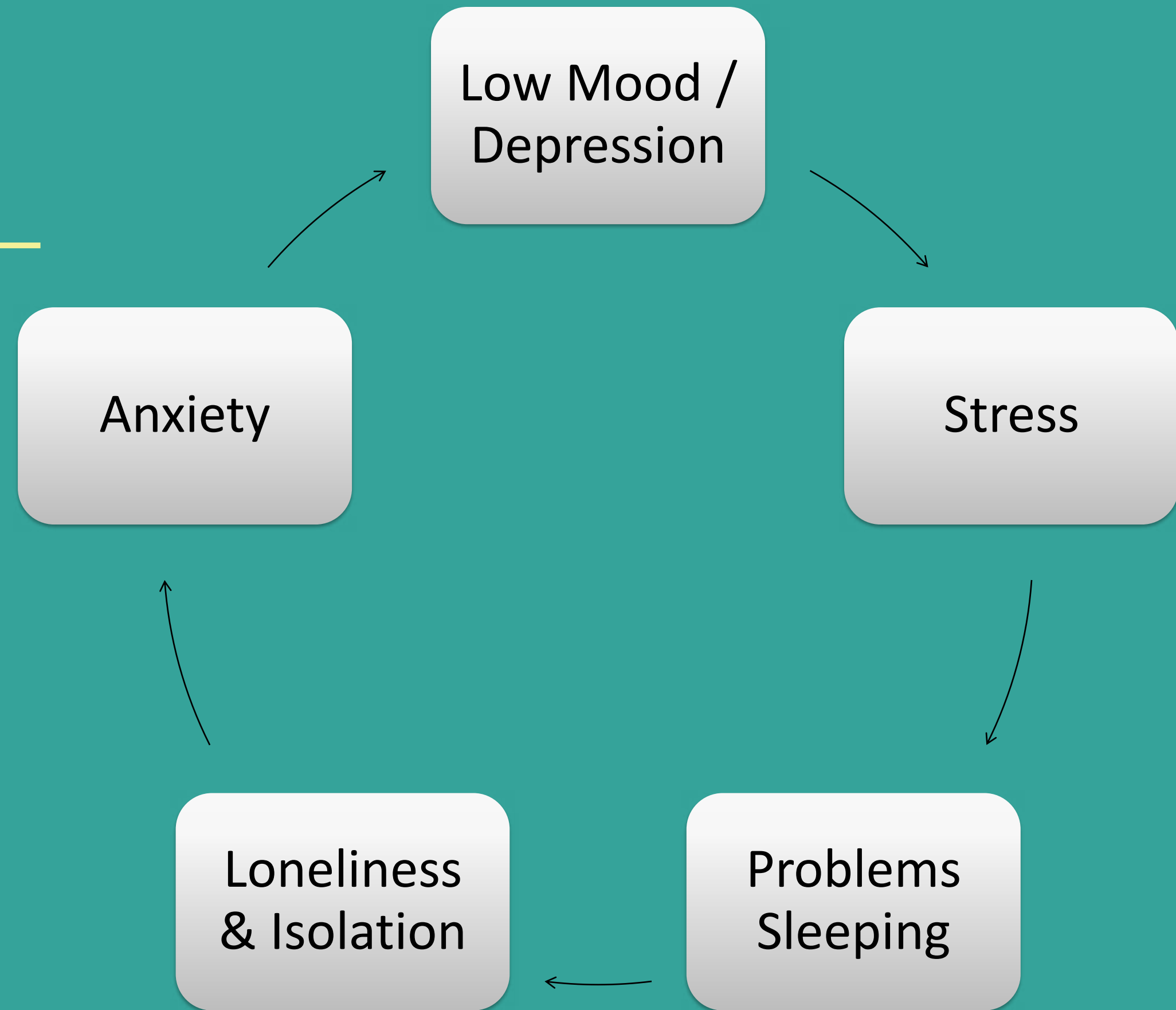
FDAMH (FALKIRK'S MENTAL HEALTH ASSOCIATION) SUPPORTING FALKIRK'S MENTAL HEALTH. CHARITY SC0118876. COMPANY SC151217



EMERGING & CURRENT MENTAL HEALTH & WELLBEING THEMES



COMMON PRESENTING FACTORS



COMMON PRESENTING ISSUES

Family / Home Life

Bereavement / Loss

Relationships

Debt / Money Worries

Traumatic Event /
Trauma

Neurodiversity



OBSERVATIONS FROM FDAMH DATA (1)

**Societal Issues
impact Mental
Health and
Wellbeing**

Poverty and
Unemployment
Heighten Risk

Money
Worries, Poor
Housing and
Home Life
Issues Impact

Those
Employed /
Retired /
Affluent – Half
as Likely to
experience
Suicidal
Ideation



OBSERVATIONS FROM FDAMH DATA (2)

Males at Highest Risk Age
15 to 64

Females at Highest Risk Age
15 to 34

Interestingly, around **70%** of those referred to FDAMH are Female

OBSERVATIONS FROM FDAMH DATA (3)

PHYSICAL HEALTH – SUICIDAL THOUGHTS



LEARNING POINTS FROM THE DATA



ANY
QUESTIONS?



THANK YOU FOR YOUR
TIME!