

# 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](http://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