



**FDAMH**  
FALKIRK'S MENTAL HEALTH ASSOCIATION



# YOUNG PERSON'S MENTAL WELLBEING SERVICE

Falkirk's Mental Health Association (FDAMH) and Falkirk Council are working together to deliver a Young Person's service to **individuals aged 13 - 24** (26 if care experienced) showing early signs of reduced mental wellbeing.

## HOW DOES IT WORK?

Support can be provided:

- ✓ Online
- ✓ Face-to-face
- ✓ By phone
- ✓ Various time slots available, including early evening

## WHAT WILL THIS SERVICE PROVIDE SUPPORT WITH?

The aim of this confidential, non-judgemental, and empathetic service is to provide practical and emotional support and to empower. Promoting mental wellbeing and increasing confidence and self-esteem.

Following a comprehensive assessment, we'll work closely together to provide a tailored service that can support issues such as:

- |                       |                      |
|-----------------------|----------------------|
| Managing emotions     | Social relationships |
| Anxiety               | Self-harm            |
| Gender identity       | Attachment           |
| Substance misuse      | Depression           |
| Repetitive behaviours | Trauma               |



## How to get involved...

Scan the QR code or refer online at:  
[www.fdamh.org.uk/refer](http://www.fdamh.org.uk/refer)

- ☎ 01324 671 200
- ✉ [admin@fdamh.org.uk](mailto:admin@fdamh.org.uk)

