Falkirk Community Mental Health & Wellbeing

FALKIRK

SUPPORTING CHILDREN & YOUNG PEOPLE AGED 5-26

CMHWB

Mental health & wellbeing services for children and young people in Falkirk

@FalkirkCMHWB

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Falkirk Community Mental Health & Wellbeing

Falkirk CMHWB Blog

Our community mental health & wellbeing blog provides information for children, young people, family members and partners on the supports and services provided in Falkirk for 5-24 year olds (26 if care experienced). Through Scottish Government funding, we have introduced a number of face-to-face and digital services to help children, young people and their families access mental health and wellbeing support. All services are free of charge and information on each individual service is available via the drop-down menus or by using our 'service finder' option.



The blog can be found at:

In-Person Services

Primary Years Outreach Service

aberlour
scotland's children's charity

Ages 5-12

Provides a free phone support line and outreach support to children and families experiencing emotional distress.
Contact number: 0800 015 5511
To make a referral please see our blog for the contact form.

Ages 5-24(26 if care experienced)

Provides early and preventative mental health support. This service promotes positive mental wellbeing and increases confidence and self-esteem.
To make a referral please call 01324 632903 or email forthvalleyservices@barnardos.org.uk

Positive Mental Health & Wellbeing Service

Believe in children
Barnardo's Scotland

Young Person's Mental Wellbeing Service

FDAMH
FALKIRK'S MENTAL HEALTH ASSOCIATION

Ages 13-24 (26 if care experienced)

Provides practical and emotional support to young people. To make a referral please see our blog.
Contact details:
01324 671 600
admin@fdamh.org.uk

Digital Services

Ages 10-18

Kooth provides safe and anonymous support. Features include discussion boards, magazine articles, and access to a trained counsellor through the 'live chat' function. Counsellors are available Monday-Friday 12pm-10pm and Saturday/Sunday 6pm-10pm.
Register at kooth.com

kooth

togetherall
Get support. Take control. Feel better.

Ages 16-26

Togetherall offers an anonymous and safe place to get and give mental health support. Members can take part in self-assessments, courses, and access peer support through discussion boards.
Register at togetherall.com

All ages

Text 'Falkirk' to 85258 to receive confidential support via SMS-text message. Texters will be be paired with a trained volunteer and can speak about anything on their mind.
Free, off-bill, and available 24/7.

shout
85258