

RESOURCES & HELP

Mental Wellbeing

FOR FALKIRK DISTRICT



HOW DO YOU FEEL?

Low Mood Worry Anxiety Isolation Bereavement
Sleep Problems Depression Suicidal Thoughts/Feelings

Life can be challenging at times and this can impact on our mental wellbeing. The good news is that there is help available, whether you want to simply find some trusted information or you would rather get some help and support.

FIND INFORMATION & 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 1-2-1 chat 9am-10.30pm

young.scot

youngminds.org.uk

Digital Therapy

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

trydaylight.com/nhs

GET HELP & SUPPORT

Local Support

Your Doctor or GP Surgery

FDAMH - 01324 671600
(Mental Health Charity in Falkirk),
Mon to Thu 9am-5pm, Fri 9am-4pm

Falkirk Families Support Line - Call or
Text 01324 501200 (Support for
children, parents and young people),
Mon to Fri 10am-4.30pm

Change Grow Live - 08081 962 188
(Community Substance Use Support
Service - changegrowlive.org)

National Helplines

NHS 24 - Call 111, 24/7 support

Breathing Space - Call 0800 838587
Mon-Thu 6pm-2am, Fri-Mon 6pm-6am

Samaritans - Call 116 123, 24/7 support

Helplines for Young People

Childline - Call 0800 1111, 9am-3:30am

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

