

The impact of mental illness on the affected individual and their families is considerable and far reaching.

We understand that when a person is diagnosed with a mental illness they are not the only ones affected; partners, spouses, siblings, carers, friends can all be in need of support.

Our aim is to provide a service that will give families direct access to a family support worker who will offer families a greater understanding and knowledge of mental illness, helping reduce stress and anxiety whilst building upon resilience.

We will support families in promoting mental wellbeing and strive at preventing deterioration of mental ill health.

This service is available to all families in the Falkirk and District area who require support.



## **Falkirk's Mental Health Association**

(FDAMH)

01324 671600

[www.fdamh.org.uk](http://www.fdamh.org.uk)

Victoria Centre

173 Victoria Road

Falkirk

FK2 7AU

FDAMH is centrally located beside Falkirk's Central Retail Park.

If you'd like to call or pop in for a private, confidential chat with a member of staff you are welcome to do so, alternatively visit our website for referral details: [www.fdamh.org.uk](http://www.fdamh.org.uk)

Our office hours are 9am to 5pm  
Monday –Thursday and Friday 9am-4pm

FDAMH is a charity, no. SC011889 and a company limited by guarantee no. 151357.

February 2014



## **Falkirk's Mental Health Association Family Support Service**



Empowering and  
Strengthening  
Families and Carers



**FDAMH**  
LIGHT IN A DARK PLACE

### Understanding Mental Health

Members of a family and friends who care for people with mental health problems are of vital importance.

However, the emotional demand of caring can be intense and sometimes families, friends, and carers need information, support and advice.

Children can be affected by their family member's illness too, but can benefit from information which suits and supports their stage of development.

The service works with the whole family unit by assisting parents, children, carers and other family members to have a better understanding of each other's needs.

### How the service works

We provide direct access to Family Support Workers, who are experienced and skilled in their work with individuals and families in the area of mental illness. We tailor our services to meet each family's needs and individual circumstances.



### What we can offer

- Support and information to individuals and families to increase their awareness of mental ill health, whilst assisting in reducing the levels of stress being experienced.
- Information appropriate to **children's stage of development.**
- Assistance for families and individuals to build on their own strengths and encourage the development of positive coping strategies.
- Encouragement for individuals/families to reduce isolation and promote social inclusion and participation in family and community life.
- Improvements to family functioning and communication by promoting choice and positive change.
- Information on families' and carers' rights.

To find out more visit [www.fdamh.org.uk](http://www.fdamh.org.uk) or call on 01324 671 600