



**FDAMH**  
LIGHT IN A DARK PLACE

## YOUNG PERSONS' COUNSELLING

Our counselling is a confidential one-to-one service where you can speak about and work through the issues affecting you.

Young Persons' Counselling at FDAMH is a free service available to people aged 14 to 18 years.

Interested? Contact us and we will issue you with some forms so you can tell us a little bit about yourself.

We will arrange for you to meet with a qualified counsellor at our centre in Falkirk.

You will meet with your counsellor on the same day and time, usually weekly for up to 8 weeks .

Counselling's not for everyone. If you'd like to discuss whether or not this is the right service for you please get in touch.

**01324 671 600**

Falkirk's Mental Health Association (FDAMH) is a charity based in Falkirk, offering services to the people of Falkirk District.

FDAMH's Young Person's Counselling Service is available thanks to funds from BBC Children In Need.



Young Person's Counselling is provided by fully qualified counsellors. FDAMH's Counselling Service is accredited by COSCA (Counselling and Psychotherapy in Scotland)

If you would like to know more about FDAMH go to: [www.fdamh.org.uk](http://www.fdamh.org.uk)

Or pop-in, we're right beside Falkirk's Central Retail Park:  
FDAMH, The Victoria Centre  
173 Victoria Road, Falkirk, FK2 7AU

Or call us on:  
01324 671600

Charity number: SC011889  
Company limited by guarantee: SC151357