

## WHO DOES FDAMH HELP?

In general, FDAMH's services are available to adults (people aged 16 and over) living in the Falkirk area. Our counselling service sees people aged 14 years +, and some services are Forth Valley wide.

FDAMH supports people experiencing or recovering from mental and/or emotional distress and their carers, family members or close friends. If you're not sure if FDAMH is for you, get in touch with us. If we can't help, we will try to find you someone who can.

## HOW DO I ACCESS SERVICES?

You can start using some of our services straight away, others may have a waiting list and/or require a referral from, for example, your GP. To find out more visit our website or just give us a call.

May 2018



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.

You can call or book an appointment for a private, confidential chat with a member of staff Monday to Thursday, 10am to 4pm; and on Fridays 10am to 3pm.

Our office hours are 9am to 5pm, Monday to Thursday; and 9am to 4pm on Fridays.

Find us on:

Facebook [falkirksmentalhealth](https://www.facebook.com/falkirksmentalhealth)

Twitter [@FDAMH](https://twitter.com/FDAMH)

Instagram [@fdamh\\_arts](https://www.instagram.com/fdamh_arts)

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



**FDAMH**  
LIGHT IN A DARK PLACE

## Falkirk's Mental Health Association

If you are experiencing mental health problems or care for someone who is, our services might be for you.

Simply visit our website, or give us a call us to find out more.



**FDAMH**  
LIGHT IN A DARK PLACE

# OUR SERVICES

I N B R I E F

## IMMEDIATE HELP SERVICE

If you are in crisis or need urgent help this service gives you access to a skilled member of staff. This can be accessed either on the phone or by booking an appointment.

## COUNSELLING

Short-term counselling that challenges you to bring about changes that will empower you to make positive choices. A 'generic' service provided for whatever issues are affecting you. Ages 14+

## SUPPORT GROUPS AND EDUCATION

Includes Carers Support & Education Groups, Bereaved by Suicide Group and Self-Development courses.

## THE SOCIAL SPARK

Tackling the social isolation commonly experienced with mental health issues, this service provides small social groups and one-to-one support to help you regain your confidence and build connections.

## FAMILY SUPPORT

Working one-to-one and with groups to support carers and families by giving you the skills to be effective in your role, whilst maintaining your own wellbeing.

## ACTIVITY GROUPS

Varied groups helping you take the next steps in recovery by providing positive experiences and building self-esteem.

## SOCIAL PRESCRIBING

Addressing reduced mental wellbeing before it becomes a problem by helping you assess your situation, make community connections and learn self-management skills.

## MENTAL HEALTH AND WELLBEING DROP-IN

A friendly and supportive social setting with activities, on-hand support and recovery-focused self-development courses.

**FDAMH is a charity**, changing lives thanks to the generosity and support of funders, donors and volunteers. Find out how you can help on our website.

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