

# YOUNG PERSON'S MENTAL WELLBEING SERVICE

Falkirk's Mental Health Association (FDAMH) and Falkirk Council are working together to deliver a Young Person's service to **individuals aged 13 - 24** (26 if care experienced) showing early signs of reduced mental wellbeing.



## WHAT WILL THIS SERVICE PROVIDE SUPPORT WITH?

The Young Persons Mental Wellbeing Service is a confidential, non-judgmental, and empathetic service to promote recovery and self-management.

The YPMWS is a short-term intervention, of up to eight hour-long sessions and is aimed at those experiencing reduced mental wellbeing. The service provides one-to-one support on recovery-focused techniques and tools to self-manage, helping young people to take control of their lives.

We provide a **tailored service** offering support with:

- Managing emotions
- Anxiety
- Depression
- Isolation
- Social relationships
- Self-harm
- Attachment
- Repetitive behaviours

## HOW DOES IT WORK?

Support can be provided:

- ✓ Online
- ✓ Face-to-face
- ✓ By phone

Various time slots are available, including early evening.

## HOW TO REFER...

[\*\*CLICK HERE\*\*](#) to refer yourself.

[\*\*CLICK HERE\*\*](#) to refer someone else.

Alternatively, you can call or email us at:

☎ **01324 671 600**

✉ **admin@fdamh.org.uk**