



**FDAMH**  
FALKIRK'S MENTAL HEALTH ASSOCIATION

# Mental Health Support

The past year has been a tough one for so many of us, and the truth is, we can all use a little bit of help from time to time. We want you to know that **we are here for you when you need us.**

FDAMH is based in Falkirk and we offer a safe space with a wide range of services to provide help and support for people who are impacted by mental ill health and those who care for them.

Our services include:

- Immediate Help Service
- Counselling
- Social Prescribing
- Family and Carers Support
- The Social Spark
- Support Groups
- Personal Development Courses



If you or someone you care about may be in need of some support or if you are unsure of where to turn please do get in touch.

**Give us a call on 01324 671 600 or self-refer online  
[www.fdamh.org.uk/refer](http://www.fdamh.org.uk/refer)**