

# POSITIVE MENTAL HEALTH & WELLBEING SERVICE

## WHAT IS THIS SERVICE ABOUT?

Falkirk Council and Barnardo's Scotland are working together to support mental health and wellbeing in Falkirk. The service will focus on:

- Being confident about body image/ building self-esteem
- Building resilience and coping strategies
- Developing healthy and positive relationships
- Healthy digital interaction (staying safe online)
- Parenting support for children and young people

## HOW DOES IT WORK?

Project workers can work flexibly:

- individually, in groups or with families
- online or face-to-face
- offering various appointment time options

Believe in children



Barnardo's  
Scotland



Falkirk Council



## WHO IS THIS SERVICE FOR?

This service is open to support children and young people aged 5-24 (26 if care experienced) and their families.

## HOW CAN YOU GET INVOLVED?

Please scan the QR code below:



Alternatively, you can phone 01324 632903 or email [forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)