

# Directory of Falkirk Mental Health & Well Being Services & sources of support

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**30<sup>th</sup> March 2020**

**Updated to reflect arrangements for services throughout the Covid-19 Crisis. Directory will be reviewed again after the emergency arrangements stood down and normal service resumes.**

This directory is for health professional working in NHS Forth Valley. It is designed to help signpost individuals with mental health problems to the most appropriate source of support. We hope it makes it easier for those who experience mental health problems to get the right support, from the right place, at the right time

(Please note this directory is not intended to be exhaustive).

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## Face to Face support

### Alcoholics Anonymous

What it does	Who can refer and how?	Contact details
Group therapy for those with alcohol problems using the 12 step model. Individuals can request a mentor be assigned to them	Individuals can self refer	<p>National helpline 0800 9177 650</p> <p>Scottish Number: 0131 225 2727</p> <p>E mail: <a href="mailto:help@aamail.org">help@aamail.org</a></p> <p><a href="http://www.alcoholics-anonymous.org.uk/">http://www.alcoholics-anonymous.org.uk/</a></p> <p>All face-to-face groups are cancelled. Groups have now moved online and can be accessed via Facebook – provided the individual has a Facebook account.</p>

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### Alzheimer Scotland

What it does	Who can refer and how?	Contact details
Alzheimer Scotland provides a wide range of specialist services for people with dementia and their carers. We offer personalised support services, community activities, information and advice, at every stage of the dementia journey	Self referral. Check website for full details.	<p><a href="http://www.alzscot.org">www.alzscot.org</a></p> <p>Freephone 24/7 Dementia Helpline: 0808 808 3000 Email: <a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a></p> <p>Stenmuir Office (Currently answering calls for anyone living in Forth Valley) : 01324 559480</p> <p>Community groups suspended - . In the process of trying to offer group support in different formats. 24 hr helpline still offered.</p> <p>Dementia advisor for Stirling &amp; Clackmannanshire - Donna Paterson (DPaterson@alzscot.org, 07733 302 772)</p> <p>Dementia advisor for Falkirk - Justine Davidson (JDavidson@alzscot.org, 07880 790 337)</p>

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## Forth Valley Bipolar Group

What it does	Who can refer and how?	Contact details
Self-help group for people who live with bipolar disorder and their friends, family, carers. Members share ideas and insight about bipolar to improve their quality of life and promote better self-management. Occasional guest speakers on specialist topics (e.g. medication, benefits etc)	No referral/ appointment needed – people can attend the group whenever they think it would be helpful	<p>Archway Room Falkirk Trinity Church Manse Place Falkirk FK1 1JN</p> <p>email: <a href="mailto:stirlingbps@gmail.com">stirlingbps@gmail.com</a> or <a href="mailto:info@bipolarscotland.org.uk">info@bipolarscotland.org.uk</a>  <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p> <p>No face-to-face groups are running. They're currently in the process of developing online resources.</p>

## Carers Centre, Falkirk

What it does	Who can refer and how?	Contact details
Carers are people who provide care and support to family members, other relatives, friends and neighbours. The people they care for may be affected by disability, physical or mental health issues (often long-term), frailty, substance misuse or some other condition. The Carers Centre provides information and support to carers of all ages living in Falkirk district	Self referral. Check website for full details and opportunities for carers.	<p>Carers Centre 1a Bank Street, Falkirk FK1 1NB</p> <p>Tel: 01324 611510  <a href="http://www.centralcarers.org">www.centralcarers.org</a></p> <p>Office is currently closed until further notice.</p>

## Caledonia Service

What it does	Who can refer and how?	Contact details
Supports people with severe and enduring mental health problems. Gives individuals an opportunity to have a structured and engaging day, meet new people and access training, educational, volunteering/ conservation. The service provides a strong outreach programme to reduce isolation.	NHS, Social Work or GP referral	<p>Etna Road Falkirk FK2 9EG 01324 501720</p> <p>email: <a href="mailto:caledonia.clubhouse@falkirk.gov.uk">caledonia.clubhouse@falkirk.gov.uk</a>  <a href="http://www.caledoniacubhouse.co.uk/main_page.html">http://www.caledoniacubhouse.co.uk/main_page.html</a></p> <p>Not taking any new referrals but still offering support to their service users via phone calls and home visits.</p>

## Citizens Advice Bureau Scotland

What it does	Who can refer and how?	Contact details
Provides advice on a wide number of issues including benefits, work / employment rights, debts & money, consumer rights, family issues, housing, law & courts, immigration, health	Individuals can self refer	<p>Local offices:</p> <ul style="list-style-type: none"> <li><b>Falkirk CAB</b> 27-29 Vicar Street, Falkirk FK1 1LL Tel: 01324 626070 Email: <a href="mailto:bureau@falkirkcab.casonline.org.uk">bureau@falkirkcab.casonline.org.uk</a> Manager: Mary Baillie</li> <li><b>Denny CAB</b> 24 Duke Street, Denny, FK6 6DD. Tel: 01324 823118 / 01324 826 063 Email: <a href="mailto:bureau@dennycab.casonline.org.uk">bureau@dennycab.casonline.org.uk</a></li> <li><b>Grangemouth CAB</b> 1 Kerse Road, Grangemouth FK3 8HW. Tel: 01324483467 Email: <a href="mailto:bureau@grangemouthcab.casonline.org.uk">bureau@grangemouthcab.casonline.org.uk</a> Manager: Bill Paolobmo</li> </ul> <p>For national telephone advice: 0808 800 9060 <a href="http://www.cas.org.uk/">http://www.cas.org.uk/</a></p> <p>Only offering telephone and online support (via email).</p>

## Combat Stress

What it does	Who can refer and how?	Contact details
Organisation for ex service men and women. Can help with alcohol problems, adjustment reactions, aggression & mental illness (particularly PTSD)	Individuals can self refer	<p>Combat Stress, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey KT22 0BX</p> <p>Helpline: 0800 138 1619 (24 hour support) Enquiries Head Office: 01372 587 000 Hollybush House (Ayrshire): 01292 561 300</p> <p>Email: <a href="mailto:contactus@combatstress.org.uk">contactus@combatstress.org.uk</a></p> <p><a href="http://www.combatstress.org.uk/veterans/">http://www.combatstress.org.uk/veterans/</a></p> <p>Helpline still in operation. Contact this for further support.</p>

## Committed to ending abuse (formerly Scottish Womens Aid)

What it does	Who can refer and how?	Contact details
Supports women, men and children who have experienced, or are experiencing domestic abuse / violence. Provides support networks, creative and expressive arts workshops, parenting workshops and training for other organisations	Individuals can self refer. Referrals also accepted from professionals	21 Wellside Place, Falkirk, FK1 5RL 24 Hour helpline 08000271234 Tel: 01324 635661  <a href="http://cea.uk.com/">http://cea.uk.com/</a>  <a href="http://www.scottishwomensaid.org.uk/">http://www.scottishwomensaid.org.uk/</a>  Only offering phone support at present.

## Cruse Bereavement Care Scotland

What it does	Who can refer and how?	Contact details
Provides bereavement counseling	Individuals can self refer	Cruse Bereavement Care Scotland Riverview House, Friarton Road, Perth, PH2 8DF National Support Helpline: 0845 600 2227  <a href="mailto:info@crusescotland.org.uk">info@crusescotland.org.uk</a>  Helpful leaflets on bereavement available here  <a href="http://crusescotland.org.uk/support/leaflets.html">http://crusescotland.org.uk/support/leaflets.html</a>  Services continuing as normal but only offering telephone support. Pre-existing clients have switched to telephone sessions. Clients on the waiting list will be allocated to a telephone counselor. Group support sessions running virtually. Additional support for those affected by not being able to visit loved ones in hospital or attends funerals.

## Exercise

What it does	Who can refer and how?	Contact details
Regular exercise has an excellent evidence base for a variety of mental illnesses, particularly depression. It is also a safe and effective way to deal with stress and unhelpful emotions e.g. anger.	Individuals can self refer	Falkirk Community Trust, Falkirk Stadium, 4 Stadium Way, Falkirk, FK2 9EE, Tel: 01324 590900  <a href="http://www.falkirkcommunitytrust.org/fitness/go-card.aspx">http://www.falkirkcommunitytrust.org/fitness/go-card.aspx</a>  All services suspended until further notice as of 18 <sup>th</sup> March. Govt. advice is to encourage people to go out once a day for some exercise but remain at least 2 m from others.

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## Falkirk and District Association for Mental Health (FDAMH)

What it does	Who can refer and how?	Contact details
FDAMH is a registered charity. It provides a range of services including Counselling for people aged 14 years +, a befriending service, carers and family support service, social prescribing, a health and wellbeing 'drop in' service, a third age befriending service, women's only group and a range of activities designed to enhance skills and boost confidence and morale. An Immediate Help Service is available to people without a prior appointment. FDAMH also offers volunteering opportunities across many of its services. Our website has up to date information on same. Finally, the FDAMH Training Academy offers a range of courses on a variety of health and wellbeing topics and can design bespoke courses should this be required. Again, information is available via the FDAMH website.	Referral pathways are service specific: some accept self-referrals, others require referral by another service provider e.g. GP's, Social Work Services, mental health professionals or partnership agencies. Please see website for details	<p>Falkirk's Mental Health Association Victoria Centre 173 Victoria Road Falkirk FK2 7AU 01324 671 600 admin@fdamh.org.uk</p> <p>Tel: 07834752170 (temp phone line) E-mail: admin@fdamh.org.uk <a href="https://www.fdamh.org.uk/">https://www.fdamh.org.uk/</a></p> <p>Currently still offering services like social prescribing, counseling and the immediate help service over the phone. FDAMH is still accepting new referrals through their online referral system. For information you can contact 07834752170.</p> <p>Psychoeducational courses have been postponed. Those waiting to start a group that still feel they need support can contact Angie Bell, Group Worker.</p>

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## Forth Valley Advocacy

What it does	Who can refer and how?	Contact details
An independent organisation for those who experience mental health problems. The service ensures the views of the individual are heard, particularly relating to complaints and treatment under the Mental Health Act and / or Adults with Incapacity Legislation.	Individuals can self refer. Referrals also accepted from health professionals and social workers	<p>1 The Bungalows, Larbert FK5 4SZ Tel: 01324 557070 (Fiona)</p> <p><a href="http://forthvalleyadvocacy.com/">http://forthvalleyadvocacy.com/</a></p> <p>Can only offer support to those under Adult support and Protection, Adults with Incapacity Act or under a mental health section. All support is over the phone or if needed at Loch View hospital. No home visits. Fiona advised to call number above with any further questions.</p>

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## Forth Valley Rape Crisis

What it does	Who can refer and how?	Contact details
Provides emotional and practical support, information and advocacy to anyone affected by sexual violence. The abuse may have happened recently or in the past.	Individuals can self refer. Referrals also accepted from health professionals and social workers	<p>22 Millar Place, Stirling, FK8 1XD            Tel: 01786439244            Email: <a href="mailto:contact@forthvalleyrapecrisis.org.uk">contact@forthvalleyrapecrisis.org.uk</a>  <a href="http://www.forthvalleyrapecrisis.org.uk">www.forthvalleyrapecrisis.org.uk</a></p> <p>Tel (Rape Crisis Scotland Helpline):            08088 01 03 02 (free number) every day, 6pm to midnight</p> <p>Face-to-face appointments suspended. Support sessions offered via telephone. If you're currently receiving support they will get in touch to arrange this. New referrals still accepted – contact on 01786439244 or <a href="mailto:contact@forthvalleyrapecrisis.org.uk">contact@forthvalleyrapecrisis.org.uk</a> to make a referral. Helpline still functioning during same hours.</p>

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## Gamblers Anonymous Scotland

What it does	Who can refer and how?	Contact details
Group therapy for those with gambling problems using the 12 step model. Individuals can request a mentor to be assigned to them.	Individuals can self refer	<p><a href="https://gascotland.org/">https://gascotland.org/</a></p> <p>Helpline: 0370 050 8881 (24/7)</p> <p>All face-to-face group meetings are currently cancelled. They have a telephone helpline service that runs 24/7 and is manned by ex gambling addicts. Their website also provides a web chat option on their website.</p>

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## MHAATS Mental Health Acute Assessment Service

What it does	Who can refer and how?	Contact details
Offers an alternative to in-patient care. It specifically targets those in acute home, who would otherwise require hospital admission. It may also assist those already in hospital to be discharged sooner with an intensive level of support.	Referrals only accepted from Primary Care Teams or Secondary care Mental Health professionals. Referrals can be made via telephone.	<p>Mental Health Unit Forth Valley Royal Hospital, Stirling Road, Larbert, FK5 4WR</p> <p>Switchboard: 01324 566 000</p> <p>General Adult and Older Adult services will only see urgent referral from primary care who require to be seen within 5 days, those that are highly vulnerable or on high risk medication (clozapine), or those discharged from hospital who require follow up in 7 days. All other contact suspended and patients have been advised if they don't fall into the categories above.</p>

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## Narcotics Anonymous

What it does	Who can refer and how?	Contact details
Group therapy for those with substance misuse problems using the 12 step model. Individuals can request a mentor be assigned to them	Individuals can self refer	<p>National helpline 0300 999 1212</p> <p><a href="https://ukna.org/covid19">https://ukna.org/covid19</a></p> <p>All face-to-face meetings suspended. Some options for online meetings. Setting up UNKA Online Meetings: <a href="https://online.ukna.org/">https://online.ukna.org/</a>            UKNA Online Meetings: <a href="https://ukna.org/online">https://ukna.org/online</a>            Virtual NA: <a href="https://virtual-na.org/">https://virtual-na.org/</a></p>

## Penumbra – Mental Health and Well Being

<p><b>What it does</b></p> <p>The Supported Living Service supports people who experience mental ill health.</p> <p>The service is based on flexible person centered support, individual mutually agreed personal planning, with trained qualified staff.</p> <p>Our service uses IROC which is an outcome measurement tool to measure the recovery journey of people who use our service. Recovery is the realisation of a meaningful and fulfilling life in the presence or absence of mental health problems. All our work aims to ensure that we remain hopeful and focused on positive outcomes for people with mental health problems.</p> <p>IROC is a facilitated self-assessment questionnaire that seeks to measure recovery, the 12 questions are based around HOPE, Home, opportunity, People and Empowerment.</p>	<p><b>Who can refer and how?</b></p> <p>Referrals come via social work.</p>	<p><b>Contact details</b></p> <p>Pauline Simpson Suite 5C Earls Court Roseland Hall Earls Gate Park Grangemouth FK3 8ZE</p> <p>Tel: 01324 473 007 Mobile: 07717 541 972</p> <p>Email: <a href="mailto:Pauline.simpson@penumbra.org.uk">Pauline.simpson@penumbra.org.uk</a> <a href="http://www.penumbra.org.uk/">http://www.penumbra.org.uk/</a></p> <p>Still offering support to those contacted to them. Almost all changed over to telephone support except for those with medication needs or higher risk of adverse mental health in isolation.</p>
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## Psychological Therapies (formerly Adult Clinical Psychology & Behavioural Psychotherapy)

What it does	Who can refer and how?	Contact details
<p>Suitable for clients with complex mental health difficulties:</p> <ul style="list-style-type: none"> <li>• Who are not currently being seen within secondary care community mental health teams</li> <li>• Do not require a multi-disciplinary team approach</li> <li>• May have the potential to benefit from psychological interventions</li> </ul> <p>Mild to moderate difficulties are also appropriate but consideration should first be given to Moodjuice, Beating the Blues and Stress Control classes.</p> <p>Treatments offered include cognitive behavioural therapy, mindfulness based cognitive therapy, acceptance and commitment therapy, schema therapy and compassion focus therapy to address difficulties with mood, anxiety, stress and trauma (including childhood trauma). The service also runs The Mindful Living Course; Beating the Blues as well as One-to-one Therapy &amp;/or signposting to other supports.</p> <p>This service also provides psychological therapy for individuals experiencing symptoms relating to type 1 / type 2 trauma &amp; PTSD. Individuals accessing this service should be safe and stable enough to address their traumatic experiences e.g. no alcohol / substance misuse of self harming behaviours. A referral to addiction services (ASC or Signpost on this list) or the Community Mental Health Team may be appropriate if this is not the case.</p>	<p>Referral by GP through SCI gateway, or letter from internal NHS referrers.</p>	<p>Adult Psychology Service Falkirk Community Hospital Major's Loan, Falkirk, FK1 5QE</p> <p>Tel: 01324 614347 Fax: 01324 614350</p> <p>Email: FV-UHB.psymailbox@nhs.net</p> <p>Website: <a href="http://staffnet.fv.scot.nhs.uk/az/psychology/">http://staffnet.fv.scot.nhs.uk/az/psychology/</a></p> <p>Or</p> <p><a href="https://nhsforthvalley.com/health-services/az-of-services/adult-clinical-psychology/">https://nhsforthvalley.com/health-services/az-of-services/adult-clinical-psychology/</a></p> <p>All ongoing patient contacts currently suspended.</p> <p>Wellbeing Hub will open and be ran over the phone or using near me to support GPs/Primary care/patients in acute distress/high risk. Will provide short-term interventions. More information to come throughout the week.</p>

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## Quiet Waters

What it does	Who can refer and how?	Contact details
Provides supportive counselling, specifically regarding bereavement & issues relating to pregnancy (unwanted pregnancy, support after termination). Note this organisation is staffed by those who are actively practicing Christians and its ethos reflects this. Services are open to those of any faith, or none.	Individuals can self refer and / or professionals refer	<p>2 Glasgow Rd, Camelon, Falkirk FK1 4HJ Tel: 01324 630643 / 01324670 600</p> <p><a href="https://www.quiet-waters.org">https://www.quiet-waters.org</a></p> <p>Unsure if this service is still running right now.</p>

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## Relationship Scotland

What it does	Who can refer and how?	Contact details
Provides couple or one to one counselling regarding all aspects of a relationships	Individuals can self refer	<p>9 Callendar Rd, Falkirk FK1 1XS Tel: 01324 670067</p> <p><a href="http://www.relationships-scotland.org.uk/">http://www.relationships-scotland.org.uk/</a></p> <p>All counselors working from home. Counseling for pre-existing clients suspended including telephone support. Considering options for continuation of therapy. Still accepting referrals for counseling. Expecting to commence face-to-face or start telephone counseling by end of April 2020.</p>

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## Secondary care Community Integrated Mental Health Teams (East, West and Resource Centre)

What it does	Who can refer and how?	Contact details
<p>Suitable for individuals who experience a moderate to severe mental disorder (based on ICD 10 criteria) associated with Significant risk issues and / or disability</p> <p>Services from professionals within the team include</p> <ul style="list-style-type: none"> <li>Community Psychiatric Nurses- graded exposure, illness education, assertive outreach</li> <li>Psychiatry clinic- diagnostic complexity or uncertainty, risk assessment, medication review</li> <li>Resource centres- CBT for anxiety, depression, emotional dysregulation, safety &amp; stabilisation work</li> <li>Occupational Therapy - assessment and treatment of function relating to work, activities of daily living, use of community resources/ leisure time, life roles/relationships. Adaptions within the home environment and behavioural activation</li> <li>Social work</li> <li>Secondary care psychology- individual therapy, those not suitable for groups</li> </ul>	<p>Referral from GP via SCI gateway</p>	<p>Woodlands Resource Centre Falkirk Community Hospital Westburn Avenue Falkirk FK1 5QE Tel:: 01324 624111</p> <p>All services currently suspended other than current patients at high risk, under medication management, or under the Mental Health Act.</p>

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## Addictions - Change, Grow, Live

What it does	Who can refer and how?	Contact details
Provides support for those misuse problems, and their families	Individuals members can self refer	<p>Cooperage Way, Alloa FK10 3LP Tel: 0845 673 1774</p> <p>Still accepting referrals. All contacts moved to telephone support except for Injecting Equipment Provisions. This is only offered between 12 – 2pm daily in each of their offices in Alloa, Falkirk, and Stirling.</p> <p>Attempted to follow the Opiate Substitution Therapy program and prioritizing patients on prescription.</p> <p>No drop ins available.</p>

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## Stress Control

What it does	Who can refer and how?	Contact details
An evening class - not a group therapy – that runs over six sessions. Teaches individuals how to manage common problems such as anxiety, depression, low self-confidence, poor sleep and panic attacks	Individuals can self refer	<p>Tel: 01259 215048</p> <p>Email: <a href="mailto:integratedmentalhealth@clacks.gov.uk">integratedmentalhealth@clacks.gov.uk</a> View courses and book places online at: <a href="https://bookwhen.com/imhs">https://bookwhen.com/imhs</a></p> <p>No stress control classes currently running.</p>

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## Widening access to schools project

What it does	Who can refer and how?	Contact details
Helps with adults accessing education of any level. Helpful for those who may have missed large chunks of schooling due to disrupted upbringings. Also good to help provide more structured, meaningful activity in an individual's life	Individuals can self refer	<p>Denny High school/Herbertshire Park/Mydub Road, Denny FK6 6EE Tel: 01324 822895</p> <p><a href="http://www.dennywasp.org.uk/">http://www.dennywasp.org.uk/</a></p> <p>All classes cancelled until further notice. Currently no support offered.</p>

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## Online resources & Telephone support

### Action on Depression

What it does	Contact details
A user-influenced organisation committed to providing support, raising awareness of depression and treatment options and reducing the stigma that still surrounds the condition	<a href="http://www.actionondepression.org">www.actionondepression.org</a>

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### Beating the Blues

What it does	Contact details
Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours. The program teaches strategies to help you cope better in the short term and workable skills for life so that you can face the future with confidence.	<a href="http://www.beatingtheblues.co.uk">www.beatingtheblues.co.uk</a> Telephone: 01324614363  It can be accessed by referral from a GP or mental health professional.

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### Breathing Space

What it does	Contact details
A confidential phone line for anyone in Scotland feeling low, anxious or depressed.	<a href="http://www.breathingspacescotland.co.uk">www.breathingspacescotland.co.uk</a>  Tel: 0800 83 85 87

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### Choose Life

What it does	Contact details
An online resource about prevention of suicide in Scotland	<a href="http://www.chooselife.net">www.chooselife.net</a>

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### Families Outside

What it does	Contact details
Families Outside is an independent charity which has been helping prisoners' families in Scotland for over 20 years. We offer support and information to families affected by imprisonment.	<a href="http://www.familiesoutside.org.uk">www.familiesoutside.org.uk</a> Tel: 0500 83 93 83 (free)

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### Hands on Scotland

What it does	Contact details
Gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.	<a href="http://www.handsonscotland.co.uk/">http://www.handsonscotland.co.uk/</a>

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### Living Life to the Full

What it does	Contact details
Offers a guided self-help telephone service, for people suffering from low mood, mild to moderate depression and/or anxiety, based on a Cognitive Behavioural Therapy (CBT) approach This website offers a free life skills course that aims to provide access to high quality, practical and user-friendly training.	<a href="http://www.livinglifetothefull.com">www.livinglifetothefull.com</a>  Tel:0845 328 9655 or 0800 328 9655

### NHS Forth Valley Mental Health and Well Being Self Help Guides

What it does	Who can refer and how?	Contact details
Printable self-help guides covering multiple presentations for example, Eating Disorders, Anger, Health Anxiety and many more.	Can be accessed by all.	<a href="https://www.selfhelpguides.ntw.nhs.uk/orthvalley/">https://www.selfhelpguides.ntw.nhs.uk/orthvalley/</a>

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### Moodjuice

What it does	Contact details
This site is designed to help the user think about emotional problems and work towards solving them. Each of these areas has a set of links relating to it, these may provide useful information and guidance	<a href="http://www.moodjuice.scot.nhs.uk">www.moodjuice.scot.nhs.uk</a>

### The Salvation Army

What it does	Contact details
Works with children & Families, homelessness, people on poverty, reuniting families, older people, unemployment, domestic abuse, human trafficking, international development and Church & Community	<a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>



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## Samaritans

What it does	Contact details
A confidential, free 24 hour source of support, counselling and advice	<a href="http://www.samaritans.org">www.samaritans.org</a> Tel: 116 123 (free) – 24/7

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## Steps for Stress

What it does	Contact details
Online help for dealing with stress. Good for individuals who do not want to attend Stress Control classes in person	<a href="http://www.stepsforstress.org/">http://www.stepsforstress.org/</a>

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## SAM-H

What it does	Contact details
Online advice and information for those experiencing mild to moderate mental health problems	<a href="http://www.samh.org/">http://www.samh.org/</a>

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## Stonewall

What it does	Contact details
Provides support for lesbian, gay, bisexual and trans people	<a href="http://www.stonewallscotland.org.uk">www.stonewallscotland.org.uk</a> Tel: 08000 50 20 20

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## U3A – The University of the Third Age

What it does	Contact details
U3A (University of the Third Age) is a UK movement of retired and semi-retired people who come together to continue their educational, social and creative interests in a friendly and informal environment. Members of local U3As draw upon their knowledge and experience to teach and learn from each other. It's all voluntary, run in informal activity sessions covering hundreds of different subjects.	<a href="https://www.u3a.org.uk/">https://www.u3a.org.uk/</a> The site can direct to specific regions where people can connect locally.

## Volunteer Scotland

What it does	Contact details
Can help an individual structure their time with meaningful activity, which in turn improves their mental health	<a href="http://www.volunteerscotland.net">www.volunteerscotland.net</a> Tel: 01786 479 593

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## Young Scot

What it does	Contact details
Provides those aged 11 - 26, with a mixture of information, ideas and incentives to help them become confident, informed and active citizens. Formats, include online, social, apps, magazines and telephone	<a href="http://www.youngscot.org">www.youngscot.org</a>

## Young Minds

What it does	Contact details
Young Minds is a charity committed to improving the wellbeing and mental health of children and young people. Website offers practical help for practical and every day challenges for young people Bullying, Death and Loss, sleep problems and many more.	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parents helpline 0808 882 5544

## **Apps to Support Mental Health and Well Being**

There are many apps available online and with the ever changing technology these grow, change and upgrade with great frequency. To that end it was felt that giving a link to NHS Apps will give professionals the most up to date information to patients, the link gives a very varied list of apps across the age range and for multiple needs. There is the ability to search for mental health apps on the page which will bring up a selection of apps specific to mental health and well being. Web address as follows:-

<http://www.nhs.uk/apps-library/>