



## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p><b>FDAMH (Falkirk's Mental Health Association) Mental Wellbeing Service</b></p> <p>This is one of the Community Mental Health and Wellbeing Services.</p> <p>Falkirk Council and FDAMH are working in partnership to provide The Young Person's Mental Wellbeing Service to provide early and preventative mental health support to young people aged 13-24 (26 if care experienced) in Falkirk.</p> <p>Overall, support can be provided:</p> <ul style="list-style-type: none"> <li>• Face-to-face</li> <li>• Online</li> <li>• By phone</li> <li>• At various times, including the early evenings</li> </ul> <p>The Young Person's Service accepts both self-referrals and professional referrals. For all referral information please visit <a href="#">Refer to FDAMH - FDAMH</a> or contact FDAMH on 01324 671 600.</p>	<p>Familiarise yourself with information on the Service to explain it to children/young people and their parents/ carers.</p> <p>Have information, such as the leaflet and poster available to inform children/young people and their parents/carers.</p>	<p><a href="#">Information leaflet/request for assistance details</a></p> <p>Keep up to date about Community Mental Health and Wellbeing Services</p> <p><a href="http://glowscotland.org.uk">Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</a></p>