



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>FDAMH (Falkirk's Mental Health Association) Mental Wellbeing Service</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>This Service is recommended where the young person is showing a heightened level of emotional distress and therefore this Service may be signposted rather than the Barnardo's Positive Mental Health and Wellbeing Service.</p> <p>Overall, support can be provided:</p> <ul style="list-style-type: none"> • Face-to-face • Online • By phone • At various times, including the early evenings <p>The Young Person's Service accepts both self-referrals and professional referrals. For all referral information please visit Refer to FDAMH - FDAMH or contact FDAMH on 01324 671 600.</p>	<p>Familiarise yourself with the other Community Mental Health and Wellbeing Services available and assist discussion about the right support at the right time for young people.</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>Information leaflet/request for assistance details</p> <p>Keep up to date about Community Mental Health and Wellbeing Services Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</p>