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# Here for children experiencing emotional distress

We're here to help! **The Aberlour Primary Years Outreach Service** offers telephone and community support to families in Falkirk with children aged 5-12 years old. Our focus is on supporting children experiencing emotional distress including:

- Anxiety
- Depression
- Managing emotions
- Self-harm
- Social relationships
- Trauma

**Call 0800 015 5511**

or email [falkirkservices@aberlour.org.uk](mailto:falkirkservices@aberlour.org.uk)

**aberlour.org.uk**



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scotland's children's charity