



# Here for children experiencing emotional distress

Call Aberlour Primary Years Outreach

 **0800 015 5511**

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

# Aberlour Primary Years Outreach Service - Falkirk

We're here to help! We offer 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



## How we help

We provide flexible support including:

- Individual and group mental health and wellbeing support programmes for children and families affected by emotional distress.
- Telephone support line.
- Matching Volunteer Befrienders with a child or family.
- Connecting families to other agencies or community networks for more information and advice.



## How contact us:

Anyone can get in touch with us for more information and support. Please contact:

**Tel:** 0800 015 5511

**Email:** [falkirkservices@aberlour.org.uk](mailto:falkirkservices@aberlour.org.uk)

**[aberlour.org.uk](http://aberlour.org.uk)**



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