

Mental Health

Useful Contacts

If you are experiencing mental health issues, we recommend that you seek medical advice. The following is a list of organisations you can contact for help or support in addition to any help you are getting from health professionals.

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition

Phone: 03444 775 774

Monday to Friday 09:30 to 17:30

Website: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

They provide a 24/7 peer support line and support groups.

Website: www.bipolaruk.org.uk

CALM

A charity providing a mental health helpline and web chat for all

Phone: 0800 58 58 58

Daily, 17:00 to 00:00

Website: www.thecalmzone.net

Men's Health Forum

A charity that provides a 24/7 stress support for men by text, chat and email

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities

Website: www.mentalhealth.org.uk

MIND

A charity that promotes the views and the needs of people with mental health problems

Phone: 0300 123 3393

Monday to Friday 09:00 to 18:00

Website: www.mind.org.uk



No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD.

Phone: 0300 772 9844

*Daily, 10:00 to 22:00
A small call charge.*

Website: www.nopanic.org.uk

OCD Action

Support for people with OCD. Includes information on training and online resources

Phone: 03332 127 890

*Monday to Friday 09:30 to 20:00
Possible call charge.*

Website: www.ocduk.org

PAPYRUS

We provide support and advice to young people struggling with thoughts of suicide

Phone: 0800 068 4141

Daily, 09:00 to 00:00

Website: www.papyrus-uk.org

Rethink Mental Illness

A charity that provides support and advice for all people living with mental illness

Phone: 0808 811 0525

Monday to Friday 09:30 to 16:00

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair

Phone: 116 123

Free 24-hour helpline

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness

TextCare: Comfort and care via text message

Website: www.sane.org.uk/textcare



Young Minds

A charity that provides information on child and adolescent mental health

Phone: 0808 802 5544

Monday to Friday 09:30 to 16:00

Website: www.youngminds.org.uk

NSPCC

Children's charity dedicated to ending child abuse and child cruelty

Childline: 0800 1111 (24/7)

Phone: 0808 800 5000 (24/7)

Website: www.nspcc.org.uk

Refuge

A charity that gives information and advice on dealing with domestic violence

Phone: 0808 2000 247

24/7 helpline

Website: www.refuge.org.uk

Alcoholics Anonymous

This is a free 12-step programme about getting sober with face to face and online support groups.

Phone: 0800 917 7650

Website: www.alcoholics-anonymous.org.uk

Al-Anon

Free self-help 12 step group for anyone whose life is or has been affected by someone's drinking

Phone: 0800 0086 811

Daily, 10:00 to 22:00

Website: www.al-anonuk.org.uk

Drinkline

Free confidential helpline for people worried about their own or someone else's drinking

Phone: 0300 123 1110

Weekdays 09:00 to 20:00,

Weekends 11:00 to 16:00



National Association for Children of Alcoholics

Free confidential service providing advice and information to everyone affected

Phone: 0800 358 3456
times vary every day

Website: www.nacoa.org.uk

SMART Recovery UK

Face-to-face and online groups that offer proven tools and techniques to support recovery

Phone: 0300 536 022
Monday to Friday 09:00 to 17:00

Website: www.smartrecovery.org.uk

Alzheimer Scotland

Provides information on dementia, including fact sheets and help lines

Phone: 0808 808 3000
24hr free helpline

Website: www.alzscot.org

Cruse Bereavement Care

Offers support and advice to children, young people and adults when someone dies

Phone: 0808 808 1677
Monday to Friday 09:00 to 17:00

Website: www.cruse.org.uk

Rape Crisis

Confidential services for women of all ages who've experienced sexual violence

Phone: 08088 010 302
Daily 12:30 to 14:30 and 19:00 to 21:30

Website: www.rapecrisisscotland.org.uk

Victim Support

Free confidential support to people affected by crime and traumatic incidents

Phone: 0800 160 1985
24-hour helpline

Website: www.victimsupport.scot



Cocaine Anonymous

12 step programme to support people to stop using cocaine and other mind-altering substances

Phone: 0800 612 0225

Daily 10:00 and 22:00

Website: www.cocaineanonymous.org.uk

FRANK

Free confidential information and advice about drugs, their effects and the law

Phone: 0300 123 6600

24-hour helpline

Text Question to 82111

Website: www.talktofrank.com

Marijuana Anonymous

A 12 step programme involves supporting people to stop using marijuana

Phone: 0300 124 0373 (*call back service*)

Website: www.marijuana-anonymous.org.uk

Narcotics Anonymous

A 12 step programme involves supporting people to stop using narcotics

Phone: 0300 999 1212

Daily 10:00 to 00:00

Website: www.ukna.org

BEAT

Supporting people who have or are worried they have an eating disorder

Phone: 0808 801 0677 (Adults)

0808 801 0711 (Under 18s)

Website: www.b-eat.co.uk

Gamblers Anonymous

A 12 step programme involves stopping gambling with regular face-to face and support groups

Phone: 0330 094 0322 (*24-hour helpline*)

Website: www.gamblersanonymous.org.uk



Gam-Anon

A 12 step programme for those affected by someone gambling with a variety of support

Phone: 08700 50 88 80

Website: www.gamanon.org.uk

Private Gambling Addiction Treatment

A specialist private clinic in Glasgow for problem gamblers aged 13 and over

Phone: 0808 1150 446

Mencap

Charity working with people with a learning disability, their families and carers

Phone: 0808 808 1111

Monday to Friday 09:00 to 17:00

Website: www.mencap.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying

Phone: 0808 800 2222

Weekdays 09:00 to 21:00

Weekends 10:00 to 15:00

Website: www.familylives.org.uk

Relate

The UK's largest provider of relationship support through live chat online and over the phone

Phone: 0300 0030396

times vary every day

Website: www.relate.org.uk

Scottish Families

Supports people who are concerned about someone affected by drugs and alcohol

Phone: 08080 101011

Website: www.sfad.org.uk



Change Live Grow

Supports people change the direction of their lives, grow as individuals, and live life

Phone: 08081962188

Website: www.changegrowlive.org

Scottish Autism

Helps those with autism to lead fulfilling lives and be recognized as valued members of society

Phone: 01259 222022

Times vary every day

Live chat

Website: www.scottishautism.org

Parenting Across Scotland

Aims to support families in Scotland in bringing up their children

Phone: Multiple help lines for different family dynamics

Website:
www.parentingacrossscotland.org

Dyslexia Scotland

National charity dedicated to enabling people with dyslexia to realise their potential

Phone: 0344 800 84 84

Monday to Friday 10:00 to 16:00

Website: www.dyslexiascotland.org.uk

Scottish Women's Autism Network

Provides peer support and networking by sharing our experiences in open discussions

Contact through a form on their website

Website: www.swanscotland.org

SAMH

Support people through their national programmed work to influence positive social change

Phone: 0344 800 0550

Monday to Friday 09:00 to 18:00

Website: www.samh.org.uk



Action in Mind

Promoting good mental health and supporting those who need the services

Phone: 01786 451203

Monday to Friday 09:00 to 17:00

Website: www.actioninmind.org.uk

Let's Make It Better

Supporting individuals on their road to recovery, increasing their self confidence

Phone: 01786 475459

Monday to Friday 09:00 to 15:00

Website: www.letsmakeitbetter.business.site

Penumbra

We support mental health and wellbeing in Scotland, raise awareness and offer hope

Contact through a form on their website

Website: www.penumbra.org.uk

Falkirk District Assoc for Mental Health (FDAMH)

Working with people and families experiencing the impact of mental illness.

Phone: 01324 671 600

Website: www.fdamh.org.uk

Carers Centre, Falkirk

Information and support if you look after another person due to their disability, illness, frailty or addiction.

Phone: 01324 611510

Website: www.centralcarers.org

Caledonia Service

Mental health support for adults in the Falkirk area.

Phone: 01324 501720

Monday to Friday 09:00 to 16:30

Website: www.caledoniaservice.com

If you find that any of the information on these pages is inaccurate, please advise at livingwell@falkirk.gov.uk so we can update.