

Counselling and Other Services that May Help You

Online Support

www.moodjuice.scot.nhs.uk

This is a website written by psychologists with information on various problems including anxiety, depression, sleep problems and others.

Local Counselling Services:

FDAMH (Falkirk and District Mental Health association) – based in Falkirk

Phone 01324 671 615

www.fdamh.org.uk/counselling

Quiet Waters - based in Falkirk

Phone 01324 670 600 between 9am and 1pm Monday to Friday

www.quiet-waters.org

Other Useful Numbers:

Samaritans Useful to phone if needing to talk to someone if you are having difficulties.

www.samaritans.org

Daytime phone number 01324 822066

24 hour number 116 123

Breathing Space Useful to phone if needing to talk to someone at evenings and weekends if you are having difficulties.

www.breathingspace.scot

0800 83 85 87 (Mon to Thurs 6pm to 2am & Fri 6pm to Mon 6am)

CRUSE National bereavement counselling and support service.

www.cruse.org.uk

0845 600 2227

SIGNPOST Access to drug and alcohol services.

www.signpostrecovery.org.uk

0845 673 1774

Open Secret A confidential service for survivors of childhood abuse.

www.opensecret.org

01324 630 100

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