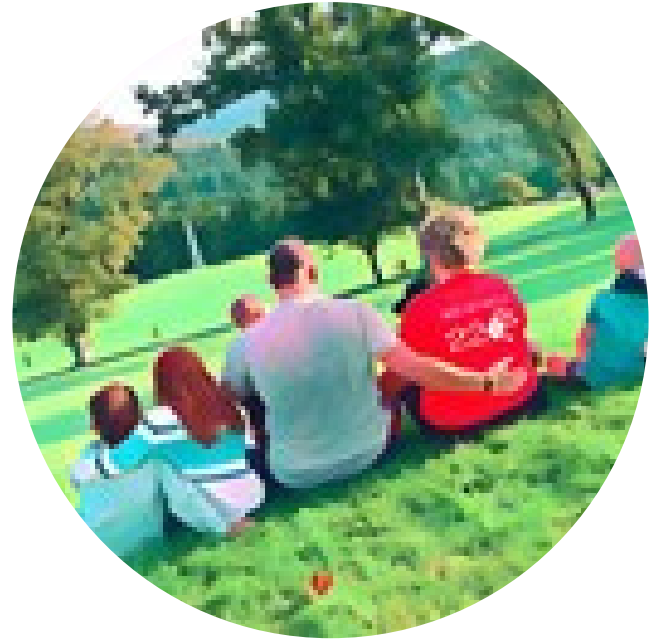


**Wellbeing  
support for  
children &  
young people  
aged 5-24 (26  
if care  
experienced) in  
Falkirk**



01324 632903



[forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)

**BARNARDO'S POSITIVE  
MENTAL HEALTH &  
WELLBEING SERVICE**

# What is this early intervention service about?

Falkirk Council and Barnardo's Scotland are working together to support mental health and wellbeing in Falkirk. This service will focus on:

- Being confident about body image/ building self- esteem
- Building resilience and coping strategies
- Developing healthy and positive relationships
- Healthy digital interaction (staying safe online)
- Parenting support for children and young people

## How can we help?

Barnardo's project workers will provide support on an individual basis to children, young people and families. Project workers can also work flexibly:

- Individually, in groups or with families
- Online or face-to-face
- Offering various appointment time options

## How to make a referral:

This service accepts self-referrals and referrals from local agencies. To make a referral please see the contact details below or scan the QR code:

 01324 632903

 [forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)

