

## St Mungo's High School

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*Rector: Mr Stephen Phee*



**Falkirk Council**  
*Children's Services*

11.11.21

Dear Parent/Carer,

In addition to the school counselling service, Falkirk Council and Barnardo's Scotland have been working in partnership on a positive mental health & wellbeing service which is an interim service to support children and young people aged 5-24 (26 if care experienced) in Falkirk.

The information leaflet (on next page) contains details of the service which is available to all young people.

Further to the information attached, the sessions will be provided by 2 highly skilled project workers employed by Barnardo's. Overall, service delivery is very flexible and sessions can be:

On an individual basis, in a group setting, or in a family setting  
Through digital platforms or face-to-face  
Out with school hours Monday- Friday, alongside the potential for some weekend flexibility

This service accepts both self-referral and completed forms should be emailed directly to [forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk).

Alternatively, you can call Barnardo's on 01324 632903.

Yours

Anne Marie Jess  
Depute Pastoral/Pupil Support

***Director : Robert Naylor***

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# POSITIVE MENTAL HEALTH & WELLBEING SERVICE

## WHAT IS THIS SERVICE ABOUT?

Falkirk Council and Barnardo's Scotland are working together to support mental health and wellbeing in Falkirk. The 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 DOES IT WORK?

Project workers can work flexibly:

- individually, in groups or with families
- online or face-to-face
- offering various appointment time options

Believe in  
children



Barnardo's  
Scotland



Falkirk Council



## WHO IS THIS SERVICE FOR?

This service is open to support children and young people aged 5-24 (26 if care experienced) and their families.

## HOW CAN YOU GET INVOLVED?

Please scan the QR code below:



Alternatively, you can phone 01324 632903 or email [forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)