

Take a breath and count to 10...



shout
85258

here for you 24/7

SHOUT is a 24/7 text service where anyone, of any age, can text if they are struggling to cope or need mental health support.

This service is free and confidential from all major UK networks.

SHOUT aims to respond within 5 minutes to support anyone in immediate distress.

Text **'REN10'** to 85258

togetherall

Feeling overwhelmed, struggling socially, or just not feeling like yourself?

Togetherall is a safe, anonymous, online community to support your mental health.



Scan to join Togetherall today!

FREE to all aged 16-24 in Renfrewshire

REN10 PARENT DROP-IN

This service is an opportunity to discuss your concerns about your child with a team led by child psychologists.

No need to make an appointment. Available to parents or carers of young people in education.

Scan QR code to access our locations in Renfrewshire

