

HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

I NEED TO SPEAK
TO SOMEONE FOR
FREE AND IN
CONFIDENCE

I NEED
INFORMATION

I'VE BEEN
AFFECTED BY
SUICIDE

I OR SOMEONE I
KNOW HAS A LIFE
LIMITING ILLNESS



Childline -
childline.org.uk
0800 1111

Breathing Space
breathingspace.scot
0800 83 85 87

**Campaign Against Living
Miserably (CALM) - for
males**
thecalmzone.net
0800 58 58 58

Samaritans
samaritans.org
jo@samaritans.org
116 123



Winston's Wish
winstonswish.org.uk
08068 020 021

Hope Again
hopeagain.org.uk
0806 806 1677

Child Bereavement UK
childbereavementuk.org
support@childbereaveme
ntuk.org
0800 028 8840

Richmond's Hope
richmondshope.org.uk
glasgow@richmondshope
.org.uk
0141 230 6123



**Beautiful Inside and Out
Scio**
beautifulinsideandoutscio
@gmail.com
07984 328808 and on
Facebook

**PAPYRUS - Prevention of
Young Suicide**
papyrus-uk.org/
pat@papyrus-uk.org

**Petal - People
Experiencing Trauma and
Loss**
petalsupport.com
info@petalsupport.com
01698 324 502



**Prince and Princess of
Wales Hospice**
princeandprincessofwales
hospice.org.uk
info@ppwh.org.uk
0141 429 5599

ACCORD Hospice
accordhospice.org.uk
info@accord.org.uk
0141 581 2014

Young Minds Crisis Messenger

TEXT YM to 85258

youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger



BEREAVEMENT LOSS AND GRIEF

East
Renfrewshire