

REN10

PARENT DROP IN



The Ren10 Parent Drop-in service is an opportunity to discuss your concerns about your child with a practitioner.

There is no need to make an appointment. The aim is to reduce your distress and to help you to formulate a plan to assist you. This may involve making you aware of other services within the area.

The service is available to parents or carers of young people in education.

When and where is the Drop-in?

Renfrew, YMCA
3 Canal Street, Renfrew, PA4 8QS

Drop in Wednesdays from 9:00am–12:30pm

What will happen when I go to the Drop-in?

Parents/carers will be seen 'first come, first served' and you will:

- be asked to sign in at reception and give some information about why you are here.
- be asked to complete a form with your families details — including your child's school details.
- have a face to face discussion with a practitioner.
- Following the session you will be asked to complete a feedback form.

Why do people use this Drop-in?

People use the service for a wide range of reasons. Some examples include:

- Behaviour: sleeping problems, eating problems, aggression, anger, self-harm.
- Feelings: feeling unhappy, confused, sad, anxious or distressed.
- Adjusting to changes in life: new school, managing after the pandemic, bereavement, illness, changes in the family.

What can happen after the Drop-in?

- Other agencies/services may be suggested and assistance may be provided to help you access these.
- If you say we can, we might speak to your school or help you to do so.

This is not an emergency service.

If you have serious concerns please contact your GP or contact NHS24 on 08454 24 24 24. This service will not be able to provide you with fast tracked appointment to other service.

