

## Why do people use this Drop-in service?

People use the service for a wide range of reasons.

Some examples of challenges that families may experience 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.

How to find us?  
**Renfrew YMCA**  
**3 Canal Street**  
**Renfrew**  
**PA4 8QS**



Drop in:  
**Wednesdays from**  
**9:00-12:30**



**Child Psychology**

**Parent Drop In**



## What is the child psychology Drop-in service?

The child psychology drop-in service is an opportunity for you to see a practitioner and discuss your concerns about your child, without an appointment.

Our aim is to help reduce your distress and to point you in the direction to other help within the area.

## Who can use the Drop-in service?

Parents or carers of children or young people in education.

## 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 .

## What can happen after the drop-in?

- You may be offered a time to drop-in again
- Other agencies/services may be suggested
- If you say we can, we might speak to your school or help you to do so.

## What is not part of the Drop-in service?

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.

