

FREE to all
aged 16-24 in
Renfrewshire

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 **'RENTEN'** to 85258

Maybe you are 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 for free today!

Take a breath and count to 10...



PARENT DROP-IN

The **Ren10 Parent Drop-in** service is an opportunity to discuss your concerns about your child with a team led by child psychologists.

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.

Scan QR code to access our locations across Renfrewshire

