



This week is Children's Mental Health Week, and we are using this opportunity to explain the different levels of support we can provide for the children and families of St James'.

These include, but are not limited to:

- Emergency financial support
- Emergency food provision
- Emotional support
- Knowledge of wider supports available for children and families

If you require any help, in any way, please know that we are here and available to chat between 9am and 3pm every day on 0300 300 1330 - you do not have to wait for one of our support staff to call you.

We have also put together a list of links and phone numbers that may be helpful for families:

- Renfrewshire Health and Wellbeing portal:
 - <https://blogs.glowscotland.org.uk/re/renfrewshirehwb/parents/>
- NHS 5 Steps to Mental Wellbeing Toolkit
 - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- Renfrewshire Council Skills for Recovery - "Wellbeing when in lockdown"
 - <https://sway.office.com/KPNSn4jPT633UZwW?ref=Link>
- Renfrewshire Council Skills for Recovery - Digital Leaflet Guide
 - <https://sway.office.com/pYwDb3dfzCoUOBlq?ref=Twitter>
- Renfrewshire Advice Works - for money and debt advice
 - <http://www.renfrewshire.gov.uk/AdviceWorks>
- Young minds
 - <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
- Renfrewshire Women's Aid: 0141 561 7030
- Men's Advice Line: 0800 801 0327

Please stay safe during the time - physical and mental health are extremely important to both adults and children and we are here to support you.

