

# Renfrewshire Mental Health Directory 2013/ 14



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# Foreword

Welcome to the 5th edition of the Directory of Mental Health Services in Renfrewshire, for the period 2013/14.

The Directory remains a response to requests from the public for an accessible, straight forward guide to mental health services in Renfrewshire.

It was designed to provide key information on local - and National - resources as simply as possible.

Awareness of the importance of Mental Health and Wellbeing is essential in order to recognise and protect our own mental health and that of friends and loved ones. Good mental health can bring a healthier lifestyle, better relationships and greater satisfaction at work.

In this edition, we are aware that some services have ceased operation or amended their provision. We have also sought to include any developments in this current version of the Directory.

If you would like additional services included in a future edition, or if you would like to suggest an alternative way of presenting information, please contact:

Stephen McLellan, Chief Executive RAMH on 0141 847 8900 or [smcl@ramh.org](mailto:smcl@ramh.org)

The current editorial group consists of:

Stephen McLellan (RAMH), Rosemary Mullan (Renfrewshire Council, Tessa Heywood (RAMH).

# Feeling low?

Speak to a caring professional,  
ask for your **crisis card** and get help to  
make a safe plan for times of need.

**This is for you...**

**chooselife**  
A national strategy and action plan to prevent suicide in Scotland  
[www.chooselife.net](http://www.chooselife.net)  
in partnership with [www.ramh.org](http://www.ramh.org)

"Like you, I struggle with life events that sometimes leave me feeling suicidal. I have had strong feelings and thoughts about taking my own life ..."

I realised that I couldn't cope and finally I picked up the phone.  
Now I feel less frightened sharing my thoughts and worries.  
**Trust me.....Try it....."**

**Advice and tips from me...**

- Find ways to relax
- Try to find things you enjoy
- Push yourself to get out more
- Try walking/swimming
- Play music
- Talk

**NHS 24**  
A 24 hour health service  
**08454 24 24 24**  
[www.nhs24.com](http://www.nhs24.com)  
My GP: \_\_\_\_\_

**Breathing Space**  
A confidential phone line you can call if you're feeling down  
**0800 83 85 87**  
6pm - 2am Mon-Thurs  
6pm Friday - 6am Monday (24hrs)

**Samaritans**  
Need to talk? We'll listen 24 hours a day  
☎ **08457 90 90 90**  
☎ **08457 90 91 92**  
☎ **07725 90 90 90**  
✉ [jo@samaritans.org](mailto:jo@samaritans.org)  
☑ Chris, PO Box 9090, Stirling FK8 2SA  
or meet us in person

**Know the Score**  
Info and Advice on DRUGS  
**0800 587 5879**  
**Drinkline Scotland**  
Alcohol Advice and Support  
**0800 7 314 314**

**Domestic Abuse**  
24hr helpline  
**0800 027 1234**

**Childline**  
18 years and under  
**0800 11 11**

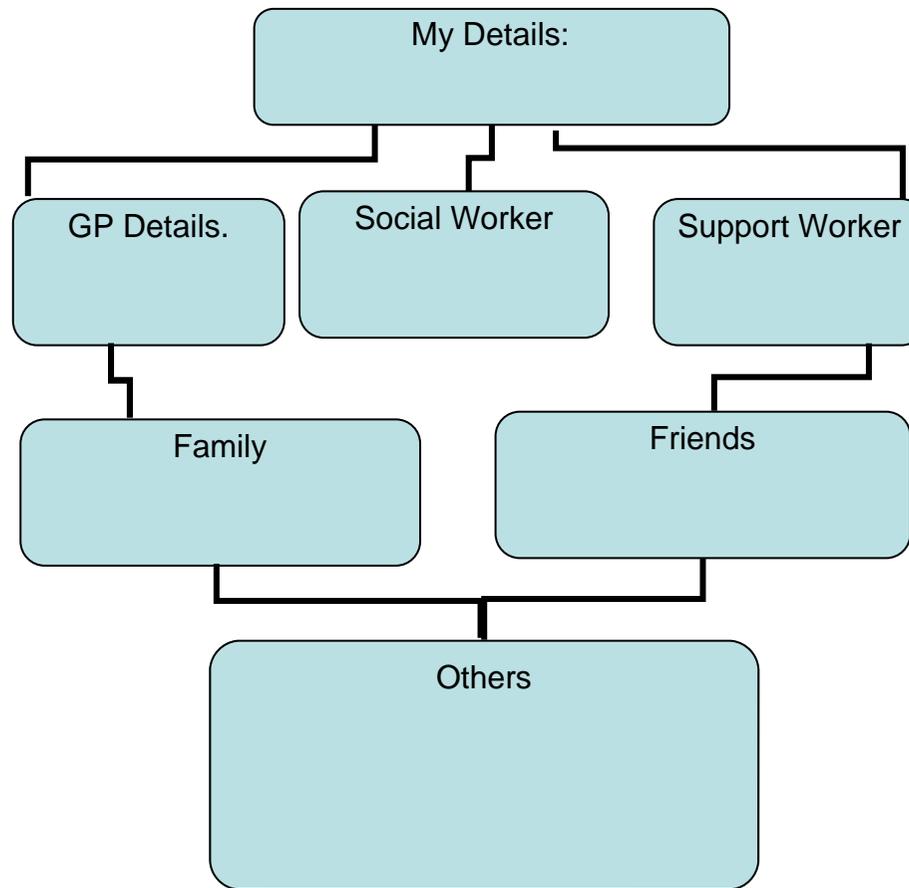
**Your Local Crisis Numbers**  
First Crisis 0111 848 9090  
Friend 07904 000 000

**see our video**

**NHS**  
Greater Glasgow and Clyde

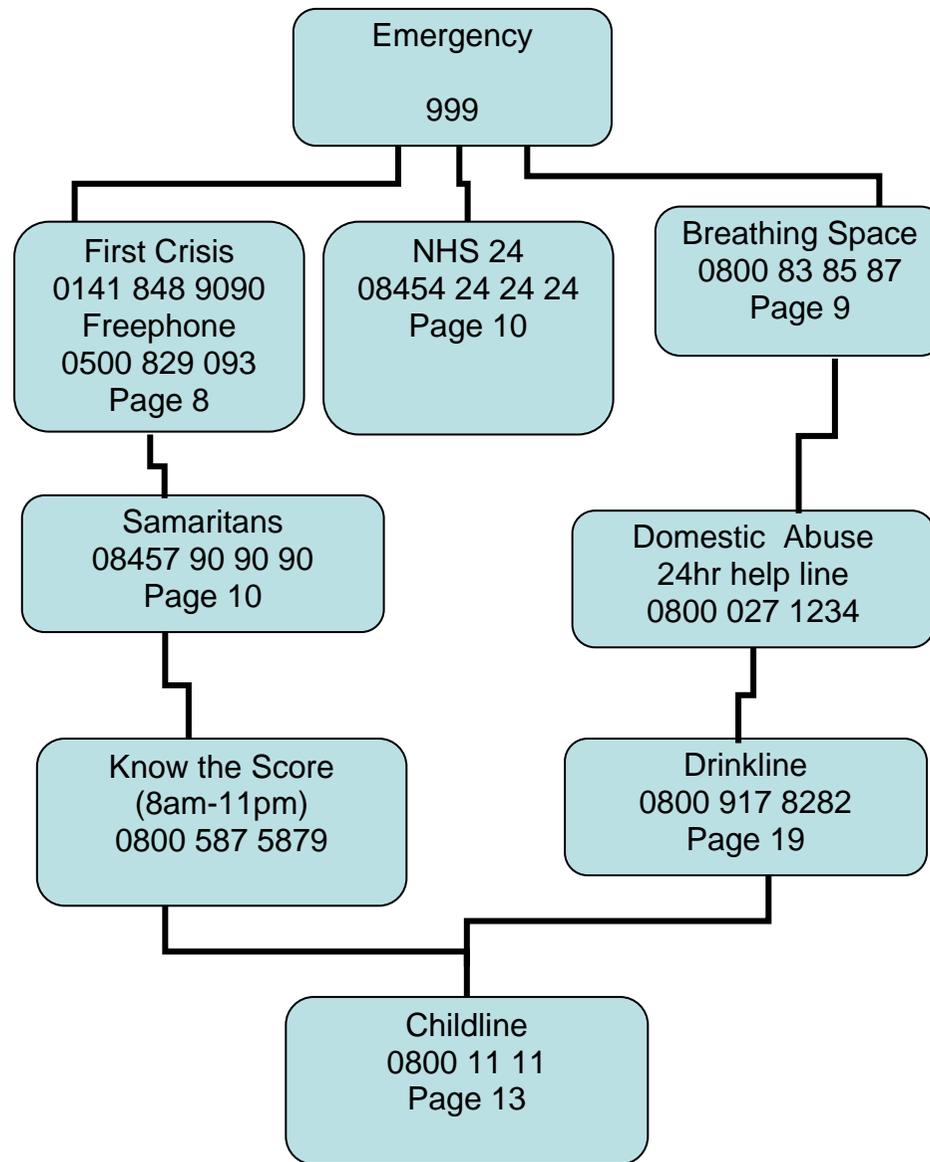
**RAMH**  
recovery across mental health

# My Personal Crisis Contacts



Please complete your own Personal Crisis Contacts here and then cut out this page and keep in a safe but accessible place (i.e. on your fridge door).

# Crisis Contacts



# My Notes

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Whilst the information contained in this Directory has been made available on a voluntary basis to the public by contributing agencies and groups, individuals using the information provided -or via linked web pages - do so at their own discretion.

The Directory co-ordination group assumes no responsibility for the accuracy, completeness, or usefulness of any information, product or process disclosed in these examples.

The description of the functions and activities of the originators expressed therein do not necessarily reflect the views of the co-ordinating group or their parent organisations.

## 10 Tips for Wellbeing

1. **Eat a balanced diet and drink sensibly:** Improving your diet can protect against feelings of anxiety and depression.
2. **Maintain friendships:** Just listening and talking to friends who are feeling down can make a huge difference. So make sure you devote time to maintaining your friendships both for their sake and your own.
3. **Maintain close relationships:** Close relationships affect how we feel—so nurture them and if there is a problem within a relationship, try and resolve it.
4. **Take exercise:** The effects of exercise on mood are immediate. Whether it is a workout in the gym or a simple walk or bike ride, it can be uplifting. Exercise can also be great fun socially.
5. **Sleep:** Sleep has both physical and mental health benefits. Physically it is the time when the body can renew its energy store but sleep also helps us to rebuild our mental energy.
6. **Laugh:** A good laugh does wonders for the mind and soul.
7. **Cry:** It is good to cry. Even though it may feel terrible at the time, a good cry can release pent up feelings, and people often feel better afterwards.
8. **Ask for help when you need it:** The longer you leave a problem the worse it will get.. Don't be scared to ask for help from a family member, friend or professional.
9. **Make time for you:** Do you sometimes feel like you have no time for yourself? Make time for your hobbies and interests.
10. **Remember, work isn't everything:** Ninety one million working days a year are lost to mental ill-health in the UK so maintain a balance between work and other interests.

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity

**(World Health Organisation)**

## RAMH FIRST Crisis Service

**Tel:** 0141 848 90 90 or 0500 829 093

The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**Website:** [www.ramh.org](http://www.ramh.org)

### **What do they do?**

FIRST Crisis is an out of hours Crisis Service which provides a short term support to anyone (16-65 years old) experiencing a crisis in their mental health in Renfrewshire.

The crisis team provide a confidential support service specialising in mental health, and aim to support individuals through periods of crisis.

The service can help to maintain an individuals existing sources of support, and explore longer term support options. The service can also access and liaise with other services and supports on your behalf.

### **Who can access the service?**

Anyone in Renfrewshire aged 16+ years, experiencing a crisis in their mental health

### **How do people access the service?**

Initially by telephone, either professional or self referral. Contact can be face to face by arrangement.

### **Additional Information**

The service is open 7 days a week, 365 days a year.

The service is open: Weekdays 9am – 10pm

&

Weekends 10am – 5.30pm

# Breathing Space

Phoneline and web based service

Tel: 0800 83 85 87

Email: [info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)

Website: [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

## **What do they do?**

Breathing Space is a free, confidential phone line and web based service for people in Scotland who are experiencing low mood, anxiety or depression. We are here in times of difficulty to provide a safe and supportive space by listening, offering advice and information. It is our belief and hope that by empowering people they will have the resources to recover.

## **Who can access the service?**

This is open to people living or visiting Scotland.

## **How do people access the service?**

There is a telephone helpline which can be accessed by phoning 0800 83 85 87.

Information is also available on the website:

<http://www.breathingspacescotland.co.uk>

## **Additional information**

Breathing space is free from telephone land lines. The service is confidential and the free phone number won't show up in telephone bills.

Calls to Breathing Space from mobile phones using the Vodafone network are now free. Other operators who also provide free calls from their networks are Virgin, Orange and 3.

A British Sign Language (BSL) service is available. Information on how to access the BSL service can be found at:

<http://bit.ly/LKHE2j>

## Samaritans

Write to:  
Chris  
P.O. Box 9090  
Stirling  
FK8 2SA

Visit our office in Glasgow:  
210 West George Street  
Glasgow  
G2 2PQ  
(9am-10pm)

**Tel:** 08457 90 90 90

**Text:** 07725 909090

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Volunteers offer support by responding to phone calls, emails and letters. Alternatively people can drop in to a branch to have a face to face meeting.

## NHS 24

**Tel:** 08454 24 24 24

**Website:** [www.nhs24.com](http://www.nhs24.com)

If you are feeling ill now please contact your GP. If you're ill when your doctor's surgery is closed and you feel it can't wait until it re-opens, call NHS 24 on 08454 24 24 24. Calls to NHS 24 should cost no more than the price of a local telephone call from a BT landline. Calls from mobiles and other networks may vary.

This service is open to people living or visiting Scotland who have concerns about their health, including their mental health, when their GP's surgery is closed.

The telephone helpline is accessed by phoning 08454 24 24 24. To improve patients' access to health information and advice, NHS 24 is also accessible through a digital TV channel.

The channel, available through FreeSat, Sky and Virgin, and an app for iPhones, iPads and Android Smartphones is also available.

### **Additional Information**

Textphone users: please contact 18001 08454 24 24 24

A British Sign Language (BSL) video relay service (VRS) is available. A video showing how to connect to NHS 24 BSL services is accessible on:

<http://www.nhs24bsl.com/html/generic/help.html>

## **SANEline**

**Tel:** 0845 767 8000

**Website:** [www.sane.org.uk](http://www.sane.org.uk)

### **What do they do?**

SANEline is a national out-of-hours (18:00 to 23:00) telephone helpline offering emotional support and information for people affected by mental health problems

### **Who can access the service?**

Anyone who is worried about their own mental health, or have concerns about a family member, friend or acquaintance.

### **How do people access the service?**

By calling 0845 767 8000

### **Additional Information**

No matter which part of the UK you are calling from, the cost from a landline is the same as a local call. The cost of calling from a mobile may vary and will depend on your network provider.

## HOPE Line UK

Lodge House Thompson Park  
Ormerod Road  
Burnley  
BB11 2RU

**Tel:** 0800 068 41 41

**Text Service:** 07786 209697

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### **What do they do?**

The PAPHYRUS national confidential helpline gives support and practical advice to young people worried about themselves and to anyone else concerned that a young person they know may be at risk of harming themselves.

Calls are free from BT landlines. Other networks and mobile rate may vary.

Helpline opening times:

Weekdays: 10am - 5pm & 7pm - 10pm

Weekends: 2pm - 5pm

The service is confidential unless a life is at risk.

The helpline is staffed by professionals who are experienced in working with suicidal young people, families or carers.

# ChildLine

**Tel:** 0800 11 11

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

You can contact ChildLine about anything - no problem is too big or too small.

If you are feeling scared or out of control or just want to talk to someone you can contact ChildLine. Some of the things that you might want to contact us about are feeling lonely or unloved, worries about the future, problems about school, bullying, drugs, pregnancy, physical and sexual abuse, running away and concerns about parents, brothers, sisters and friends, and crimes against you.

## **What do I have to tell ChildLine when I get in touch?**

- When you contact us you don't have to give your name or any details about yourself if you don't want to.
- You can contact us about anything, so think about how you feel and tell us about it. The more you tell us about what is happening and how it makes you feel, the more we can understand and help you.
- We might ask you some questions to try and understand how you are feeling or to help you talk about it. You don't have to answer them if you don't want to.
- You can get back in touch at anytime, even if you didn't tell us anything the first time you contacted us.

## Cactus

45 High Street  
Paisley  
PA1 2AH

**Tel:** 0141 889 3872  
**Fax:** 0141 889 5904

### **What do they do?**

The Project's aim is to reduce drug/alcohol use and offending behaviour. Assessment, allocated key-worker, structured programme, group-work, alternative therapies, access to treatment and appropriate services.

### **Who can access the service?**

Male or female 16 years +  
Resident in Renfrewshire  
Criminal Justice Link  
Addiction Issues

### **How do people access the service?**

Referrals through Social Work, Courts, Arrest Referral Scheme. Self-referrals accepted if criteria is met.

### **Additional Information**

The Service is available from 09:00 to 17:00 Monday to Thursday.

# RCA Trust Gambling Support

Mirren House,  
Back Sneddon Street  
Paisley  
PA3 2AF

**Tel:** 0141 887 0880

**Helpline:** 0845 230 0038

**Fax:** 0141 887 8063

**Email:** [info@rcatrust.org.uk](mailto:info@rcatrust.org.uk)

## **What do they do?**

RCA delivers support provided by GamCare Scotland.

This service provides one to one support and group support for people with gambling issues.

## **Who can access the service?**

Anyone living in Renfrewshire.

## **How do people access the service?**

Self referral or referral via GP, hospitals, courts or social work departments.

## **Additional Information**

There is no waiting list for this service.

# RCA Employee Support

Mirren House,  
Back Sneddon Street  
Paisley  
PA3 2AF

**Tel:** 0141 887 0880

**Helpline:** 0845 230 0038

**Fax:** 0141 887 8063

**Email:** [info@rcatrust.org.uk](mailto:info@rcatrust.org.uk)

## **What do they do?**

This service offers support to those people with addiction issues and who are in employment.

The support also includes employers who are employing a person with addiction issues

## **Who can access the service?**

Employers with employees who have addiction problems and employees with addiction problems

## **How do people access the service?**

Self referral or referral via GP, hospitals, courts or social work departments.

## **Additional Information**

There is a waiting list for this service. The service is free although donations are accepted.

# Renfrewshire Drugs Service

Back Sneddon Centre  
20 Back Sneddon Street  
PAISLEY  
PA3 2 DJ  
**Tel:** 0141 618 2585

## **What do they do?**

Renfrewshire Drug Service (RDS) is a joint Social Work and NHS Greater Glasgow & Clyde resource. It provides a specialist service to drug users and their families within the Renfrewshire Council boundaries. We aim to provide an integrated and accessible service using an holistic evidence based approach. Services include individual casework, group work, family support, harm reduction services and access to substitute prescribing services.

The philosophy of Renfrewshire Drug Service is to maintain clients in the community to reduce physical, psychological, social and legal problems which are associated with drug dependency, assisting them in an individual recovery journey towards either abstinence from drugs or in controlling their drug use.

## **Who can access the service?**

RDS accepts referrals from all sources, the main source being from the user themselves, GP's and Social Work. There is no age restriction. The project accepts referrals from users of all substances, apart from where alcohol is the primary drug. Under 16's can access a service from RADAR (Young Persons Team) which is based within RDS

For further Information please contact the Centre or contact:  
Ailsa Boyle (Project Leader) on 0141 618 5287 or Kirstine McCrae (Nurse Team Lead) on 0141 618 5288.

# Integrated Alcohol Service

Back Sneddon Centre  
Paisley  
PA3 2DJ

**Contact:** Lynn MacDonald (Team Leader)

**Tel:** 0141 618 5314 direct line  
0300 300 1199 (option 2) main office

## **What do they do?**

Specialist health alcohol services in Renfrewshire are provided via the Alcohol Problems Clinic (APC) and the Renfrewshire Integrated Alcohol Team (RIAT), based at Dykebar Hospital in Paisley.

The APC provides a service to individuals with alcohol dependence. There is an abstinence based approach and offers detoxification, a range of psychosocial interventions, and long term support. Service provision is delivered on a day service basis with a social worker attached to the service to provide home support and outreach as appropriate. In-patient detoxification is provided at the Kershaw Unit in Gartnavel Royal Hospital. The Acute Alcohol Liaison Staff are also based in the APC and provide an assessment, brief intervention and direct link to the RAH. There are nursing and medical staff as well as administrative input. The day service also benefits from input from the Physiotherapy and Dietician departments.

The RIAT provides services to clients who are unwilling or unable to attend APC yet still require a service at Tier 3 level. The team consists of nursing and social work staff as well as a Psychologist, Occupational Therapist and an admin worker. The team provides a range of interventions, including assertive outreach, motivational sessions, harm reduction, Community Detox, Relapse Prevention and health promotion. We work with people who are abstinent or continue to drink and offer support at home for those that require it. We work closely with APC and Liaison services as well as RDS, RCA Trust and Mental Health Services among others.

## **How do people access the service?**

Access to the APC is by professional referral only with 'fast track' access for individuals involved with RCA Trust. To refer to either of these services, go via a professional or telephone ASERT on 0141 207 7878.

# Drinkline

**Helpline:** 0800 7314 314. Call free from 9am to 8pm to talk to someone in confidence about alcohol.

**Website:** [www.drinksarter.org](http://www.drinksarter.org)

## **What do they do?**

Drinkline is an advice and information line for anyone who wants more information about alcohol, local services than can help or simply talk about drinking and alcohol issues.

Drinkline offers the following services:

- Information and self-help materials
- Signposting to support in Scotland.
- Help to callers worried about their own drinking
- Support to the family and friends of people who are drinking
- Advice to callers on where to go for help.

## **Who can access the service?**

Anyone wanting help or information on drinking and alcohol

## **Who can access the service?**

Anyone wanting help or information on drinking and alcohol and any issues.

## RAMH Adult Counselling Service

41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 847 8900

**Fax:** 0141 889 3673

**Email:** [enquiries@ramh.org](mailto:enquiries@ramh.org)

**Website:** [www.ramh.org](http://www.ramh.org)

### **What do they do?**

The service works with individuals who experience a wide range of emotional distress and difficulties. The counselling process supports people to improve their mental health, wellbeing and coping strategies, whilst building their autonomy to empower them towards recovery.

### **Who can access the service?**

Any adult (aged 16+) living in Renfrewshire and East Renfrewshire experiencing difficulties in their mental health.

### **How do people access the service?**

Either by professional or self referral.

### **Additional Information**

The counselling offered is free of charge.

# Crisis Counselling

Riverside House  
Old Ferry Road  
Erskine  
PA8 6AX

**Tel:** 0141 812 8474

**Fax:** 0141 812 8474

**Email:** [info@crisiscounselling.co.uk](mailto:info@crisiscounselling.co.uk)

**Website:** [www.crisiscounselling.co.uk](http://www.crisiscounselling.co.uk)

## **What do they do?**

Trauma and general counselling services—all ages  
Employee Assistance Programmes  
Bespoke Training Service—contact for details

## **Who can access the service?**

There are no age or geographic exclusion areas in Scotland.

## **How do people access the service?**

Self referral, GP and multidisciplinary health practitioners,  
employee referrals, family (under 16) Social Work depts. etc.

## **Additional Information**

Crisis does not have a waiting list. Charges £5 per session (low  
income & unemployed) £15 per session (full time employment)

## **Fees**

£5 per session low income or unemployed

£15.00 per session for fully employed clients or parents of  
clients.

Couple Counselling is £20.00 per session.

**Note:** It is within the discretion of each individual counsellor, or the agency, to waive or reduce fees for clients experiencing financial difficulties which would prevent them accessing sessions.

# Cruse Bereavement Care Scotland

## West of Scotland Region

1<sup>st</sup> Floor, Central Chambers  
11 Bothwell Street  
Glasgow  
G2 6LY

**Tel:** Referrals 0845 600 2227

**Fax:** None

**Email:** [west@crusescotland.org.uk](mailto:west@crusescotland.org.uk)

**Website:** [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### **What do they do?**

Locally, we have two volunteers based in Paisley who are trained to provide one-to-one therapeutic listening support to clients. Prior to this, potential clients have to be seen for an Initial Clients Interview at one of our regional locations.

Nationally, we offer listening support through our National Help Line.

### **Who can access the service?**

Anyone resident in the West of Scotland who can travel to one of our regional locations

### **How do people access the service?**

All clients must self refer through the National number 0845 600 2227

### **Additional Information**

Our waiting list is lengthy. It can be up to 6 months before we can offer an Initial Client Interview, there then is a further wait before we can offer one-to-one appointments.

We do not charge for our services, but we do ask for a donation per session in order to maintain our services.

# RCA Trust Counselling

Mirren House,  
Back Sneddon Street  
Paisley  
PA3 2AF

**Tel:** 0141 887 0880

**Helpline:** 0845 230 0038

**Fax:** 0141 887 8063

**Email:** [info@rcatrust.org.uk](mailto:info@rcatrust.org.uk)

## **What do they do?**

The advice centre offers general counselling on addiction issues, primarily for people with issues with alcohol.

## **Who can access the service?**

People living in Renfrewshire.

## **How do people access the service?**

Self referral or referral via GP, hospitals, courts or social work departments.

## **Additional Information**

There is a waiting list for this service. The service is free although donations are accepted

## Time 4U

West College Scotland  
Paisley Campus  
Renfrew Road  
Paisley  
PA3 4DR

**Tel:** 0141 587 3378

**Student Services:** 0800 052 7343

**Freephone:** 0300 6006060

**Email:** Time4U-counselling@reidkerr.ac.uk

**Website:** www.reidkerr.ac.uk

### **What do they do?**

Time4U provide a full time confidential one to one counselling service. The counsellors are available Monday-Friday 9am -5pm.

### **Who can access the service?**

The service is available to all West College Scotland (formerly Reid Kerr) college students. All full time, part time, evening class or outreach courses.

### **How do people access the service?**

Students can self refer, contacting the counsellors directly on the contact details above. Students can also arrange initial appointments via their lecturer or guidance tutor.

### **Additional Information**

Time 4 U is free to all West College Scotland students.

# Victim Support Renfrewshire

The Wynd Centre  
6 School Wynd  
Paisley  
PA1 2DB

**Helpline:** 0845 693 8213

**Tel:** 0141 887 0328

**Fax:** 0141 587 2464

**Email:** victimsup-  
port.renfrewshire@victimsupportsco.org.uk

**Website:** [www.vssdirectory.org.uk](http://www.vssdirectory.org.uk)

## What do they do?

Victim Support Renfrewshire offers emotional support & practical help to those who are victims of crime. Support can be provided even if the crime has not been reported. The service includes:

- ◇ Help with Criminal Justice procedures
- ◇ Support if your case goes to court
- ◇ Providing help with insurance & compensation claims
- ◇ Signposting to counselling services
- ◇ Helping people emotionally 'move on' after a crime
- ◇ Obtaining information on practical issues
- ◇ Referral to other agencies and services

## Who can access the service?

People in Renfrewshire who have been victims of crime.

## How do people access the service?

Self referral or referral via GP, hospitals, courts or social work departments.

## Additional Information

There may be a waiting list for this service. The service is free.

# Wynd Counselling Service

Wynd Centre  
6 School Wynd  
Paisley  
PA1 2DB

**Tel:** 0300 500 0471 or 0141 887 4647

**Fax:** 0141 848 5139

**Email:** karen.m@thewynd.org.uk

## **What do they do?**

We provide one-to-one counselling and couple counselling. We also have a Youth Counselling Service for young people aged 11-15 years.

## **Who can access the service?**

There are no age boundary restrictions in our adult service. Youth counselling is from 11 years of age.

## **How do people access the service?**

Clients are encouraged to telephone the above number to arrange an initial appointment.

## **Additional Information**

Minimum £5 donation per session for one-to-one counselling. Couple counselling is £25 per session. Youth counselling is free. Fees can be reduced or waived completely depending on financial circumstances.

Disabled access.

We offer appointments Monday to Friday 9am-8pm and Saturdays 9am-4pm

# Scottish Marriage Care

50 Greenock Road  
Paisley  
PA3 2LE

**Tel:** 0845 271 2711

**Website:** [www.scottishmarriagecare.org](http://www.scottishmarriagecare.org)

## **What do they do?**

Scottish Marriage Care is a voluntary organisation that provides relationship support to couples and individuals all over Scotland. Scottish Marriage Care relationship counsellors initially contract with clients to provide six counselling sessions. This is then evaluated and more sessions will be contracted if necessary. During relationship counselling sessions clients are supported and challenged to set goals that will help them make changes that will be of value to them.

## **Who can access the service?**

Adults of any age who require relationship counselling.

## **How do people access the service?**

You can make a referral by calling the Paisley office on the number above. Alternatively, you can complete the contact form on the website.

## **Additional Information**

Payment for this service is £45 in advance via Sagepay. This can be reduced by special arrangement.

National Office is based at:

72 Waterloo Street  
Glasgow G2 7DA  
Tel: 0141 222 2166

# Amina (The Muslim Women's Resource Centre)

311 Calder Street  
Govanhill  
Glasgow  
G42 7NQ

**Tel:** 0141 585 8026

**Fax:** 0141 423 7700

**Email:** [info@mwrc.org.uk](mailto:info@mwrc.org.uk)

**Website:** [www.mwrc.org.uk](http://www.mwrc.org.uk)

## **What do they do?**

- Capacity Building Project
- Befriending Project
- Counselling and Relationship Counselling
- National Helpline 0808 8010301 (Scotland wide) Mon to Fri 10am to 4pm
- Violence Against Women Project
- Volunteer's Project

## **Who can access the service?**

BME Women aged 16 plus (Glasgow and surrounding area including Renfrewshire).

## **How do people access your service?**

Self referral or referral by any agency.

## **Additional Information**

- Disabled access including lift
- All of our services are free of charge
- There may be a waiting list for our services
- We no longer have a drop-in service

# Trauma Counselling Line Scotland (TCLS)

Telephone Service

**Freephone:** 08088 020406

**Email:** Eileen@health-in-mind.org.uk

**Website:** www.health-in-mind.org.uk/tcls

## **What do they do?**

TCLS is a specialist telephone counselling service for adult survivors of child abuse who are living in Scotland. This can include sexual, emotional, physical, psychological, spiritual abuse or neglect.

Counselling is free to callers and they are allocated the same counsellor for every session, so there is no need to re-tell their story each time.

The service is funded by SurvivorScotland and run by Health in Mind, an Edinburgh based mental health and wellbeing charity. Counsellors are available from a range of backgrounds and they can communicate in a number of languages including Polish, Urdu, Punjabi, French and English.

## **Who can access the service?**

This is open to people living or visiting Scotland.

## **How do people access your service?**

This is a telephone service accessed by calling Freephone 08088 020406. Calls are free from landlines and most mobile networks.

## TCV Renfrewshire Green Gym

Unit M1  
143 Charles Street  
Glasgow G21 2QA

**Tel:** 0141 552 5294 or 07764 655678

**Fax:** 0141 552 0418

**Email:** gg-renfrewshire@tcv.org.uk

**Website:** www.tcv.org.uk

### **What do they do?**

TCV Green Gyms are about healthy people and healthy places. Green Gyms provide opportunities for people to improve their physical and mental wellbeing through environmental volunteering. Traditional gyms and sports centres don't appeal to everyone so the Green Gym offers a friendly alternative in an outdoor setting.

### **Who can access the service?**

Anyone is free to join a Green Gym. Participants do not have to know anything about the environment to join.

### **How do people access the service?**

Anyone is welcome to join and participate in the Renfrewshire Green Gym.

### **Additional Information**

Some sites do not have wheelchair access/facilities. Please contact the Green Gym Co-Ordinator for more information regarding wheelchair access.

# Active Communities

41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 258 9923

**Email:** susan@activecommunities.co.uk

**Website:** www.activecommunities.co.uk

## **What do they do?**

Active Communities provide a range of programmes aimed at:

- ◇ Increasing physical activity- weekly sessions take place at 24 venues in Renfrewshire with over 500 people participating. We offer a range of classes including : walking, jogging, buggy buddies, Mums On The Run, Walk-n-Tone, Girls On The Run, Active Families, physical activity for older adults and Hearty Lives for young people.
- ◇ Improving social and emotional health & well being, promoting citizenship through offering personal development sessions, health issues in the community and British Heart Foundation Healthy Heart training as part of our classes or stand alone sessions.
- ◇ Recruitment, training & supporting local people through our education and training programme for volunteers & staff, enabling local people to become “active community” champions for their area.
- ◇ Improving community consultation through a range of fun and innovative events including family fun days, development days for volunteers/staff & team building events.
- ◇ Harnessing the energy and commitment of partner agencies to work with us through the Renfrewshire Intergenerational network and community led health and wellbeing network.
- ◇ Bespoke programmes /events can be developed for groups and partners.

## **Who can access the service?**

Our classes are open to all ages and abilities. Community led health programme and Hearty Lives are targeting Linwood.

## **How do people access the service?**

Self referral or through community partners.

## **Additional Information**

Small charges may apply to some classes.

## Arts and Museums Service – Creative Therapies Project

Creative Therapies Project  
Paisley Museum & Art Galleries  
High Street  
Paisley  
PA1 2BA

**Contact:** Val McKay (from November 2013)  
**Tel:** 0300 300 0330

### **What do they do?**

The Creative Therapies Project offers one to one support for the authorities' most vulnerable young people. These sessions are usually facilitated weekly at the school the young person attends. The creative therapy aims to raise self-esteem, improve confidence and social skills, encourage creativity and provide a safe space for the young person to express themselves.

### **Who can access the service?**

The Creative Therapies Project covers all of the Renfrewshire area. The target groups are P7, S1, S3 and S4. We work with vulnerable young people to support their transition from Primary School to Secondary and from Secondary School on to further education, training or employment.

### **How do people access the service?**

Young people are referred to the Children's Services Support Officer by their teachers, home link workers, or key workers.

# Buddy Beat

Life Church  
56 Stock Street  
Paisley  
PA2 6NL

**Tel:** 0141 618 5575

**Website:** [www.thebuddybeat.com](http://www.thebuddybeat.com)

**Twitter:** Follow/Tweet @thebuddybeat

**Facebook:** Like TheBuddyBeat

## **What do they do?**

Buddy Beat is a drumming group, led by community musician, Jane Bentley, based in the Life Church in Stock Street, Paisley for adults who have mental health issues and was born from a musical social inclusion project at Dykebar Hospital.

## **Who can access the service?**

Buddy Beat is predominantly available to people experiencing mental health issues but also community events which are open to all throughout the year.

## **How do people access the service?**

This is a drop-in service and is available to all.

## **Additional Information**

Buddy Beat also have a monthly workshop at the Charleston Centre on the last Wednesday of every month. Please contact Reuben Millward on 0141 618 5575 for further information.

# Reaching Older Adults in Renfrewshire (ROAR)

West End Community Centre  
5A Underwood Lane  
Paisley PA1 2SL

**Tel:** 0141 889 7481

**Email:** [admin@roar-renfrewshire.org](mailto:admin@roar-renfrewshire.org)

## **What do they do?**

Reaching Older Adults in Renfrewshire is a charity providing low level services to older adults throughout the Renfrewshire area. Our services are delivered by volunteers and co-ordinated by ROAR staff.

We aim to:

Work in partnership with older people and with local communities to build community capacity, improve health and wellbeing, maximise independence and reduce the impact of social isolation. ROAR has been co-designed, developed and funded by Renfrewshire Council and Renfrewshire CHP.

ROAR Health & Wellbeing Clubs for Older Adults Aged over 65. ROAR Clubs offer a healthy meal, a tailored health and wellbeing programme, information and an opportunity to socialise.

Currently ROAR operates 13 clubs in 11 venues in Renfrewshire. The clubs operate on different days in various venues throughout Renfrewshire. Transport to clubs is subject to the availability of volunteers.

ROAR Clubs provide a healthy lunch at a cost of £2.90 per person (tea/coffee is extra). Full details for each club are given on application. All clubs start at approximately 12 noon. Some extended activity programmes may also have a small charge.

## Befriending

Befriending is aimed at people who are socially isolated and may have mobility or other disability issues. This service gives people the opportunity to meet with a volunteer in their own home or be accompanied for a walk or other activities agreed between ROAR and the older person.

### **Who can access the service?**

Who can use the ROAR Clubs?

- Older people who would benefit from a supporting social environment aimed at maximising their health and wellbeing.
- Older people who are at risk of isolation and loneliness.
- Older adults who want to make better links with other people and their community.

Who can use the ROAR Befriending Service?

- Older adults who need encouragement and assistance to get out and about.
- Older adults who have been discharged from hospital and need encouragement to regain their confidence and link with the community.
- Older adults who are housebound, do not receive significant amounts of other services or have a poor network of support.

### **How do people access your service?**

Older adults can self-refer themselves by contacting ROAR and completing a self-referral form or they can be referred by their GP, a Renfrewshire Council Officer or Health Professional.

### **Additional Information**

There are waiting lists for 2 of the 12 clubs and for the Befriending Service. The Befriending Service is offered on a priority of needs basis and not length of time on the waiting list.

# Community Development Service

The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**Tel:** 0141 618 5600

## **What do they do?**

As part of the Community Mental Health Teams, the Community Development Service aim to help people make their next step in their recovery from mental ill health. We do this by providing:

A community based group work programme in areas such as:

- Physical activity
- Self help
- Social & recreational groups
- A monthly carers group
- Psycho-education for all types of mental illness
- A robust sign posting service to additional mental health or main stream community supports
- A good entry point into 'informal' mental health services and we liaise and work in partnership with numerous community agencies to provide a comprehensive service
- A range of therapeutic activities to help individuals develop skills and boost confidence.

## **Who can access the service?**

Anyone living in Renfrewshire aged between 16 – 65 years who is recovering from mental ill-health. *However*, if the person receives support from another area of the Community Mental Health Team i.e. has CPN, occupational therapy support etc. they will be able to access our service regardless of age.

## **How do people access the service?**

A simple Referral Form needs to be completed before using our services. You can be referred by your GP, CPN, psychiatrist or by anyone else who supports you.

# The Star Project

12-14 Wallace St  
Paisley  
PA3 2BU

**Tel:** 0141 889 5850

**Email:** Sharon@star-project.org.uk

## **What do they do?**

The STAR Project is a community organisation supporting people in the North End of Paisley. We support individuals and families through a diverse programme of services and activities rooted in genuine positive relationships with a holistic approach to their needs and aspirations.

Drop In, Group work and individual support for adults and families. This is a generic service for people in the North End which is open to people with mental health difficulties.

## **Who can access the service?**

People in the North End of Paisley

## **How do people access the service?**

Self-referral, friend's referral or referral from other agencies.

# RAMH ACTIVE Project

The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**Tel:** 0141 618 5600

**Email:** pbh@ramh.org

**Website:** www.ramh.org

## **What do they do?**

“ACTIVE/RAMH” offers a variety of social supports to adults dealing with mental health difficulties in the Renfrewshire Area. From informal drop-ins and Link Clubs to short term information based groups such as anxiety management we provide these groups both at the Charleston Centre and in various community venues. Activities currently include; walking, gardening & football groups.

## **Who can access the service?**

Adults in Renfrewshire dealing with mental health problems.

## **How do people access the service?**

Professional and self referral is available using the standard RAMH referral form.

## **Additional Information**

All services are free to adults in Renfrewshire dealing with mental health problems appropriate to our services. Some services/groups are time limited and others may involve a waiting list. Health & safety guidelines mean that some groups will have a maximum number of participants.

# RAMH Education & Information Service

The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**Tel:** 0141 618 5600

**Email:** reuben@ramh.org

**Website:** www.ramh.org

## **What do they do?**

Based within the ACTIVE team this service provides information, signposting to services, training, employability information, access to the internet and bespoke inputs about mental health and well-being as and when requested. The services aims to raise awareness, challenge stigma and promote recovery where possible.

## **Who can access the service?**

Adults in Renfrewshire dealing with mental health problems.

## **How do people access the service?**

Professional and self referral is available using the standard RAMH referral form.

## **Additional Information**

All services are free to adults in Renfrewshire dealing with mental health problems appropriate to our services.

Some services/groups are time limited and others may involve a waiting list. Health & safety guidelines mean that some groups will have a maximum number of participants.

# Live Active!

The Lagoon Centre  
11 Christie Street  
Paisley  
PA1 1NB

**Tel:** 0141 618 (4947) Paisley  
(4948) Johnstone/Linwood  
(4949) Renfrew/Erskine

**Website:** [www.renfrewshireleisure.com](http://www.renfrewshireleisure.com)

## **What do they do?**

The Live Active Referral Scheme is a service for those who are currently inactive and would benefit from increasing their physical activity and/or for people who would like to address their eating habits. The scheme aims to provide support, over a 12 month period, in order for participants to gain the skills, knowledge and confidence necessary in leading an independent, healthier lifestyle.

## **Who can access the service?**

Anyone over the age of 16 who is inactive and requires more advice around activity and a healthy lifestyle.

## **How do people access the service?**

It is a referral service. GP's, Practice Nurses and Physiotherapists generally refer. The referrer should have full access to medical records so they can fill the referral form out accurately which will give the Live Active advisors information to assess suitability.

## **Additional Information**

The meetings and ongoing support with the advisors are free however should the client wish to access the centre to use the facilities then they would pay the appropriate rate depending on their circumstances. This is something that would be discussed at the baseline appointment.

Normally there is a 3-4 week waiting list before your first appointment.

# Survivors of Bereavement by Suicide Renfrewshire Support Group

C/O Choose Life Service Coordinator  
Studio 1001 – 1011  
Mile End Mill  
12 Seedhill Rd  
Paisley  
PA1 1JS

**National Helpline:** 0844 561 6855

**Website:** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

## **What do they do?**

We exist to meet the needs and break the isolation of those bereaved by suicide of a close relative or friend. Many of those helping have themselves been bereaved by suicide. We offer emotional support, help and information in a number of ways. Our aim is to provide a safe, confidential environment, in which bereaved people can share their experiences and feelings, thus giving and gaining support from each other. We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations. Suicide recognises no social, ethnic or cultural boundaries – neither do we.

The Renfrewshire Support Group meets on the **last** Tuesday of every month from 7pm – 9pm at the Charleston Centre, 49 Neilston Rd, Paisley and is open to all survivors of bereavement by suicide aged 18 and over.

## **Who can access the service?**

Anyone over the age of 18 who has been bereaved by suicide.

## **How do people access the service?**

Access is by self referral – you can contact the support group on the details above if you wish or simply call in on the last Tuesday of every month.

## RAMH - Employability

41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 847 8900

**Fax:** 0141 849 3673

**Email:** [enquiries@ramh.org](mailto:enquiries@ramh.org)

**Website:** [www.ramh.org](http://www.ramh.org)

### **What do they do?**

RAMH Employability is part of Renfrewshire Employability Partnership (REP) We will support individuals to prepare for entry/re-entry into employability. This can involve practical advice and guidance relating to job search and preparation or access to structured activities including volunteering, further education and mentoring.

### **Who can access the service?**

Individuals across Renfrewshire and East Renfrewshire over the age of 18.

### **How do people access the service?**

Anyone can make contact.

# Advice Works

**Johnstone**

8 Collier Street  
Johnstone  
PA5 8AR

**Erskine**

Erskine Library  
Bridgewater Shopping Centre  
Erskine PA8 7AA

**Paisley**

Customer Service Centre  
Renfrewshire House  
Cotton Street  
Paisley PA1 1BU

**Renfrew**

Renfrew Health Centre  
Ferry Road  
Renfrew PA4 8SB

**PLEASE NOTE THE ABOVE ARE DROP-IN ADDRESSES**

**Tel:** 0300 300 1238

**Fax:** 0141 618 6311

**Website:** [www.renfrewshire.gov.uk/adviceworks](http://www.renfrewshire.gov.uk/adviceworks)

**What do they do?**

The service offers advice on; welfare rights, money matters, form filling, debts and also tribunal representation.

**Who can access the service?**

Anyone who lives or works in Renfrewshire.

**How do people access the service?**

Anyone can refer themselves by telephone, e-mail or by dropping in at the above venues. Referrals will also be accepted from other organisations with the permission of the individual.

**Additional Information**

The service is free and confidential. Drop in times are:

- ◇ Erskine: 9am-11am on Fridays
- ◇ Johnstone: 9am-11am on Monday to Thursday
- ◇ Paisley: 9am-11am and 1pm-3pm on Mondays, Tuesdays and Fridays
- ◇ Renfrew: 1pm-3pm on Wednesdays and Thursdays

For advice on debt and benefits, please call 01505 381 055

## The NetWork Service

Unit 2003  
2nd Floor  
Mile End Mill  
12 Seedhill Road  
Paisley  
PA1 1JS

**Tel:** 0141 849 2297

**Email:** Debbie.Lessels@ggc.scot.nhs.uk

### **What do they do?**

The NetWork Services is a vocational rehabilitation service with 3 key activity areas:

#### **Meaningful Day / Positive Activity**

Facilitate individual's to identify, achieve and maintain their vocational goals.

Supporting people into educational / training / volunteering opportunities.

Supporting people to connect in their community.

Supporting people to engage in meaningful day activities.

Assistance to access other specialist agencies.

#### **Supporting people into employment**

Providing an IPS (Individualised Placement & Support) Approach in finding paid work.

Employment Work Placements.

Assistance with C.V., job search, application forms and interviews.

Analysis of skills and support to find the right job.

Job Carving and Employer Engagement.

### **Job Retention**

Supporting individuals who are struggling to retain their job during a mental health / addiction challenge.

Return to work co-ordination, working with employee, employer, Occupational Health and HR.

Ongoing in work support for employees

Education and support for employers, eg mental health conditions, Equality Act 2010.

Negotiating reasonable adjustments within the workplace.

### **Who can access the service?**

People in Secondary Mental Health Services and People in addictions services who are stable and in recovery. Clients must have an allocated Keyworker as NetWork staff work in collaboration with Keyworker.

### **How do people access the service?**

By referral from the allocated key worker within secondary care mental health or addiction services.

## You First Advocacy

47 Causeyside Street  
 Paisley  
 PA1 1YN

**Tel:**0141 849 1229

**Fax:** 0141 887 5971

**Email:** dennis@youfirstadvocacy.org

### What do they do?

The service provides advocacy support to vulnerable individuals in the community and in Dykebar Hospital. Advocacy seeks to ensure that these individuals are being listened to while they engage with services and that their rights are being upheld. Working in the main part with mental health, the service also supports learning difficulties, physical disabilities and older people. Advocacy also supports people who are detained under the Mental Health Act at mental health Tribunals. You First advocacy will work with clients until their issues are resolved in terms of their legal rights, their desired outcomes or agreement through negotiation.

### Who can access the service?

The service covers Renfrewshire but not East Renfrewshire. Target groups as above.

### How do people access the service?

Self referral, social work, GP and carers or other relevant services.

### Additional Information

No charge. Waiting list is prioritised depending upon issue presented. Maximum 8 to 10 weeks. There is disabled access to office premises.

# Women & Children First

Mile End Centre,  
30 Seedhill Road,  
Paisley,  
PA1 1SA

**Tel:** 0300 300 0345

**Email:** [woman.sw@renfrewshire.gov.uk](mailto:woman.sw@renfrewshire.gov.uk)

## **What do they do?**

Women and Children First provide practical and emotional support to women and children who have experienced or been affected by domestic abuse (including physical and emotional abuse), rape, sexual assault, and/or child sexual abuse. Support workers are able to offer one to one support, advocacy with Court, Police, Benefits Agency etc. and group work.

## **Who can access the service?**

All women and children resident in the Renfrewshire area.

## **How do people access your service?**

By telephone to make a referral or someone else can refer on your behalf but only with your permission.

# Renfrewshire Carers Centre

## Independent Advocacy for Carers

Renfrewshire Carers Centre  
Unit 55 Abbey Mill Business Centre  
The Embroidery Mill  
Seedhill, Paisley  
PA1 1TJ

**Tel:** 0141 887 3643

**Fax:** 0141 889 4085

**Email:** [maureenf@renfrewshirecarers.org.uk](mailto:maureenf@renfrewshirecarers.org.uk)

**Website:** [www.renfrewshirecarers.org.uk](http://www.renfrewshirecarers.org.uk)

### **What do they do?**

Advocacy means supporting someone to express their views about their situation. Carers often find that they spend so much time in their caring role that they do not have any time left for themselves. Often carers find it difficult to have their voice heard by others and this can leave them in a situation where their needs are not taken into account. An advocate can assist by being an extra voice for carers or provide extra support that allows carers to speak out for themselves.

An advocate can assist carers by:

- Attending meetings/reviews.
- Help write letters & make telephone calls on behalf of carers.
- Help access social work & other carer support services.
- Support with housing issues.
- Support with transition from home to long term care.
- Help with education issues (nursery to higher education).
- Help to access legal advice.

### **ADVOCACY ALLOWS PEOPLE TO BE HEARD.**

#### **Who can access the service?**

Any carer over 18 living in the Renfrewshire area.

#### **How do people access the service?**

To find out more or to make a referral contact us by telephoning, emailing or calling into the Carers Centre.

#### **Additional Information**

The service is free to all carers living in Renfrewshire.

# Partners in Advocacy

Pentagon Centre  
36 Washington Street  
Glasgow  
G3 8AZ

**Tel:** 0141 847 0660

**Email:** [glasgow@partnersinadvocacy.org.uk](mailto:glasgow@partnersinadvocacy.org.uk)

**Website:** [www.partnersinadvocacy.org.uk](http://www.partnersinadvocacy.org.uk)

## **What do they do?**

We can support people with issues like helping with housing issues, speaking to schools and teachers, transitions and looking for activities and support within their local community.

## **Who can access the service?**

Young people aged 0– 18 in Greater Glasgow and Clyde area with mental health issues (mental health issues can include diagnosed mental health issues, depression, anxiety, self harm etc)

## **How do people access the service?**

Referrals welcome from any source, especially self-referrals.

## **Additional Information**

We are a free and confidential service, we try to be as accessible as possible and are able to do home visits. No waiting list at the moment.

## RAMH Housing & Support

41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 847 8900

**Email:** [janis@ramh.org](mailto:janis@ramh.org)

**Website:** [www.ramh.org](http://www.ramh.org)

### **What do they do?**

The service offers Housing Support to individuals within their own homes to maintain their tenancy and to live as independently as possible within their own community. Support is provided either within our 24 hour supported service, for individuals who may require more intense support and assistance, or on an outreach basis for an allocated amount of hours per week from the persons own home. Assistance can be provided with practical tasks associated with managing a tenancy including:- setting up a tenancy, developing domestic skills, dealing with correspondence, managing a household budget, accessing other relevant services. The service aims to assist people in developing skills and abilities which will lead to a greater sense of hope and achievement and promote recovery from mental ill health.

### **Who can access the service?**

The service is open to adults from across Renfrewshire, with mental health difficulties, who are having difficulty managing to sustain their tenancy.

### **How do people access the service?**

Referrals can come from a range of sources; Mental Health Professional, GP, Homeless, service worker, Social Worker, self or other RAMH Service.

### **Additional Information**

Currently we have a waiting list for the Outreach aspect of our Service of approximately 4 weeks.

# RAMH Respite Housing & Support

41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 847 8900

**Email:** [janis@ramh.org](mailto:janis@ramh.org)

**Website:** [www.ramh.org](http://www.ramh.org)

## **What do they do?**

The Respite Service provides the opportunity for Carers to receive a break from their caring role knowing that their cared for is being supported by experienced and trained staff. Support can be provided from the individuals own home, for short periods of time, at a planned regular time that suits the individual and the Carer or within our 1 bedroom flat for longer planned breaks such as Carers holidays or hospital admission.

## **Who can access the service?**

The service is available to individuals from across Renfrewshire who have involvement from the Community Mental Health Team and who would benefit from their Carer having a break.

## **How do people access the service?**

Referrals are required to be made by the Community Mental Health Team.

## **Additional Information**

There may be a charge for the service, dependant on your financial circumstances.

Unfortunately the Respite flat is not suitable for individuals with mobility issues due to being situated on the first floor of a block of flats with no lift access.

# Turnaround Residential

219 Glennifer Road  
Paisley  
PA2 8UL

**Tel:** 01505 810 800

**Fax:** 01505 813 893

**Website:** [www.turningpointscotland.com](http://www.turningpointscotland.com)

## **What do they do?**

We provide a residential service for males aged of 18 and over who are currently involved in the criminal justice system. We offer a six week stay to men with chaotic lifestyles, engaging in high volume low tariff offending in the community and who have issues with substance misuse. We operate an intensive programme of group work, one to ones and have a health team on board with the aim to stabilise individuals so that they can go back into the community and better engage with services there.

## **Who can access the service?**

Men aged 18 and over currently offending and involved in the criminal justice system. We accept referrals from 10 local authority areas including Renfrewshire.

## **How do people access the service?**

They must be referred by their care manager (e.g. social worker, addiction worker etc) or directly by the court.

## **Additional Information**

There is disabled access.

# Lifeskills

Wellmeadow Street  
Paisley  
PA1 2JN

**Tel:** 0141 237 0026

**Email:** Lifeskills@ramh.org

**Website:** www.ramh.org/lifeskills

## **What do they do?**

Lifeskills provides support to clients in maintaining their tenancy or to re-settle in a new tenancy and maintain a safe and comfortable home.

Lifeskills has two distinct services:

- ◇ Lifeskills Tenancy Support. A handyman service that provides practical support and assistance with small repairs and DIY tasks.
- ◇ Lifeskills Furniture Re-Use. Collects unwanted furniture and redistributes it to our referral clients. This provides an essential service to those relocating on a limited budget.

## **Who can access the service?**

Lifeskills can be accessed across Renfrewshire and East Renfrewshire, by individuals experiencing mental health issues.

## **How do people access your service?**

Referrals to the service should be made from the service users support provider.

## **Additional Information**

To arrange a free collection or find out how you can donate, call Lifeskills on 0141 237 0026.

# Financial Literacy

RAMH  
41 Blackstoun Road  
Paisley  
PA3 1LU

**Tel:** 0141 847 8900

**Email:** financial-literacy@ramh.org

## **What do they do?**

- ◇ Support with budgeting
- ◇ Managing household income
- ◇ Information on charities/help for people on low incomes
- ◇ Information on better deals with bills

## **Who can access the service?**

Anyone with mental ill health living in Renfrewshire.

## **How do people access your service?**

Self referral and other Agency referrals accepted.

## **Addition**

This service is free of charge.

# Practical Support Team

Community Mental Health Services  
Mile End Mill  
Studio 1001-1011  
12 Seedhill Road  
Paisley  
PA1 1JS

**Tel:** 0141 849 2200

**Email:** [louise.brownlie@renfrewshire.gsx.gov.uk](mailto:louise.brownlie@renfrewshire.gsx.gov.uk)

## **What do they do?**

The Practical Support Team, as part of The Community Mental Health Teams, support individuals recovering from mental health problems to maximise and maintain their independent living skills within their own tenancy and the community. The team will offer support and guidance, allowing the individual to develop skills and complete practical tasks independently. The team will support the individual to attend appointments, access local resources and promote social inclusion.

The Practical Support Team also provide a free support service to the carers of individuals with mental ill health, offering emotional and social support, support to access carer's resources and educational materials.

## **Who can access the service?**

The service is available to individuals currently involved with the Community Mental Health Teams within the Renfrewshire area.

## **How do people access your service?**

Access to the service is by referral from a professional from the Community Mental Health Team involved in the individual's care.

## **Additional Information**

The Practical Support Team is a chargeable service in line with Renfrewshire Council's care at home charging policy. The service charge is individually assessed by completing a financial assessment.

## **RCA Trust Accommodation Support**

Mirren House,  
Back Sneddon Street  
Paisley  
PA3 2AF

**Tel:** 0141 887 0880

**Helpline:** 0845 230 0038

**Fax:** 0141 887 8063

**Email:** [info@rcatrust.org.uk](mailto:info@rcatrust.org.uk)

### **What do they do?**

This service provides accommodation to those with addiction problems. Trained workers visit people in their homes and offer support.

### **Who can access the service?**

People living in Renfrewshire. To use this service, users must attend support sessions and commit to be alcohol free for a number of weeks.

### **How do people access the service?**

Self referral or referral via GP, hospitals, courts or social work departments

### **Additional Information**

There is a waiting list for this service. The service is free, but donations are accepted

# Blue Triangle Housing Association

Bruce Court  
43 - 45 Dundonald Rd  
Gallowhill  
Paisley  
PA3 4NB

**Tel:** 0141 8877524

**Fax:** 0141 887 8381

**Email:** paisley@btha.org.uk

**Website:** www.btha.org.uk

## **What do they do?**

Residential housing support service for young people aged from 16-24 years.

The service is staffed 24hours per day and provides accommodation in single flats with housing support.

Staff will provide general support in areas such as budgeting; health; employment and tenancy sustainment based on individual support plan. Group work is also undertaken within the project.

## **Who can access the service?**

Anyone aged between 16 - 24 years in Renfrewshire. Young people who have presented to the local authority as homeless or threatened by homelessness may be referred to the project.

## **How do people access the service?**

Referrals are made thorough Local Authority Homeless Person's Section. Informal enquiries may be made directly to the Project.

## **Additional Information**

Individuals make contribution to electricity charge.

## Barnardos Threads

4 Lochfield Road  
Paisley  
PA2 7RG

**Tel:** 0141 884 6696

**Fax:** 0141 884 1733

**Email:** paisley.threads@barnardos.org.uk

### **What do they do?**

Provide support to young parents and young people who are experiencing difficulties in accessing or sustaining accommodation.

The service offers both emotional and practical support, this includes; help with benefits, housing issues, substance misuse and help to access or sustain employment and education.

We also provide a group work programme which includes pre-natal and new baby groups for young parents and a tenancy support group.

### **Who can access the service?**

Young people aged under 21 years who live in Renfrewshire.

### **How do people access the service?**

Self referral or referral by a professional referral from agencies such as; health visitor, midwife, housing officer, social worker.

### **Additional Information**

The service operates on an outreach basis from Monday - Friday 9 - 5pm. There is also a duty system for anyone who urgently needs to see a support worker for housing support. Duty appointments are available on Tuesdays, Wednesdays and Thursdays between 10-3pm.

# Loretto Care

## Renfrewshire Homelessness Services

Abercorn Service Flat 1/5  
17 Abercorn St.  
Paisley  
PA3 4AA

Lilybank Wynd Service  
12 Lilybank Wynd  
Johnstone  
PA5 8EF

**Tel:** Paisley: 0141 848 0859  
**Fax:** 0141 848 7694

Johnstone: 01505 325 797

### **What do they do?**

Loretto Care's Renfrewshire Supported Living Service is registered with the Care Commission as a housing support service and support service.

We can offer support with:

- General counselling and support.
- Safe and secure home.
- Maintaining the home.
- Accessing community resources.
- Benefits and budgeting.
- Moving onto other accommodation.
- Shopping and general errands.
- Relationships with others e.g. neighbours.

### **Who can access the service?**

The service provides 24 hour support (excluding Lilybank Wynd) to individuals who have experienced homelessness and/or alcohol/substance issues, or who have mild to moderate mental health problems. The Abercorn St. site operates a sleepover provision for emergencies.

### **Who can access the service?**

The Renfrewshire Supported Living service supports individuals within the age range of 16 years and above.

# Rowan Wynd

## The Richmond Fellowship Scotland

9 Rowan Wynd  
Paisley  
PA2 6FH

**Tel:** 0141 848 9774

### **What do they do?**

Rowan Wynd offers supported living service for 12 individuals. The service offers a combination of modern accommodation and high quality support to people with mental health difficulties and learning disabilities. Each person has a tenancy agreement and receives 1-1 support to enable them to become more independent and make progress towards their life goals.

### **Who can access the service?**

The service is open to all adults, there is no upper age limit. The service is available to people with mental health difficulties and learning disabilities.

### **How do people access the service?**

Referral is usually made through Social Work Services, however we are happy for you to contact us directly for more information.

### **Additional Information**

Social Work Services will carry out a financial assessment to see if there will be any charges to individuals using the service.

# Johnstone Services

## The Richmond Fellowship Scotland

Suites 2-3  
9 William Street  
Johnstone  
PA5 8DP

**Tel:** 01505 336 477

**Fax:** 01505 329 766

**Email:** sbarclay@trfs.org.uk

**Website:** www.trfs.org.uk

### **What do they do?**

From our base in Johnstone we offer a range of support services in Johnstone, Renfrew and Paisley. Our services offer person centred support to adults with mental health difficulties, learning disabilities, autism, sensory impairment, forensic histories, communication difficulties and physical disability.

Most individuals live in their own homes, with self contained accommodation, although we do have some shared tenancies available. We provide housing support, personal care and community based support dependent on each person's needs.

### **Who can access the service?**

All adult age groups can access the service and we work throughout Renfrewshire.

### **How do people access the service?**

Referrals usually come through Social Work Services, but we are happy for you to contact us directly for more information.

### **Additional Information**

Social Work Service will carry out a financial assessment to determine whether there is any charge to be made to the individual.

# Queen Street

## The Richmond Fellowship Scotland

20 Queen Street,  
Paisley  
PA1 2TU

**Tel:** 0141 849 1769

**Fax:** 0141 848 9782

**Website:** [www.trfs.org.uk](http://www.trfs.org.uk)

### **What do they do?**

Our Queen Street service offers support to adults with mental health difficulties, learning disabilities, autism and alcohol related brain damage. We support people to develop their independent living skills, to be active in their community and to achieve their life goals.

Each person lives in their own home in Paisley and receives support that meets their needs from a few hours a week to intensive daily support. Our experienced team enables people who have not lived independently before to make real progress in their life.

### **Who can access the service?**

Our service works with any adult age group, throughout the Paisley area.

### **How do people access the service?**

Referrals usually come through Social Work Services, but we are happy for you to contact us directly for more information.

## Renfrewshire Carers Centre Carers Information Service

**Tel:** 0141 887 3643

**Fax:** 0141 887 3643

**Email:** enquires@renfrewshirecarers.org.uk

**Website:** www.renfrewshirecarers.org.uk

### **What do they do?**

The centre provides information via our website and our newsletter that is published 4 times a year. There is also information and advice provision at the centre for carers with queries about health conditions, welfare rights and services.

### **Who can access the service?**

Anyone who is an unpaid carer living in Renfrewshire, or professionals working on behalf of carers

### **How do people access the service?**

Via GPs, RAH, the RAH Information Worker, Social Work, District Nurses, schools/colleges and self referral.

### **Additional Information**

The service is free of charge and there is not usually a waiting list. The carers centre is wheelchair accessible and home visits can be arranged.

## Renfrewshire Carers Centre Carers Respite Sitting Services

### **What do they do?**

This project offers respite for a carer by putting in a paid sessional worker for up to 4 hours a fortnight, to allow the carer a break away from the home.

### **What do they do?**

This project offers respite for a carer by putting in a paid sessional worker for up to 4 hours a fortnight, to allow the carer a break away from the home.

Carers Support

**Who can access the service?**

Anyone who is an unpaid carer living in Renfrewshire who is assessed as needing the service. Carers of those with dementia are not covered by this service as Alzheimer's Scotland provide this service to this user group

**How do people access the service?**

Via GPs, RAH, Social Work, District Nurses, schools/colleges and self referral. An assessment is carried out before the service is provided

**Additional Information**

The service is free of charge although there is usually a waiting list. The carers centre is accessible to wheelchair users and home visits are possible.

## **Renfrewshire Carers Centre Volunteer Befriending Project**

**What do they do?**

This project offers regular befriending for a cared for person or a carer to provide companionship and reduce isolation.

**Who can access the service?**

Anyone who is an unpaid carer living in Renfrewshire who is assessed as needing the service, including those with moderate dementia.

**How do people access the service?**

Via GPs, RAH, Social Work, District Nurses, schools/colleges and self referral. An assessment is carried out before the service is provided

**Additional Information**

The service is free of charge although if possible, the carer can pay for expenses incurred by the cared for person. There is usually a waiting list to ensure an appropriate match up. The carers centre is accessible to wheelchair users and home visits are possible.

## **Renfrewshire Carers Centre Kinship Carers Project**

### **What do they do?**

The Kinship Carers Project offers support to family members who have been left with the care of children whose parents are ill, disabled or have addiction issues and can no longer look after them. The project offers one to one support, training, information and advice, respite and days out. The project also has a support group that meets on the last Tuesday of the month.

### **Who can access the service?**

Family members across Renfrewshire who are caring for children whose parents are ill, disabled or have addiction issues and can no longer look after them.

### **How do people access the service?**

Self referral or referral by a health or social care professional.

### **Additional Information**

The Carers Centre is accessible to wheelchair users.

## **Older Carers Emergency & Future Planning Project**

### **What do they do?**

The Future Planning Project is a brand new service that will support carers over the age of 50yrs to create emergency and future care plans. We will provide carers with information about services to help them cope and make positive changes, link carers to appropriate care services and identify future areas of need. Specialised support will enable carers to plan for the future as we understand that this may be a difficult and emotional journey.

### **Who can access the service?**

Carers over the age of 50 living within the Renfrewshire area.

**How do people access the service?**

Self referral or referral by a health or social care professional.

**Additional Information**

The Carers Centre is accessible to wheelchair users.

**Renfrewshire Carers Centre  
Young Carers Project/Young Adult Carers Project****What do they do?**

This service provides support to those under 18 who have caring responsibilities. The project runs a number of age group specific groups who meet weekly for recreational and skills developing activities. Personal support is also available informally.

Young adult carers project works with young people who are 18-24 who look after a parent, guardian, sibling or other family member who has an illness, disability, is affected by mental health issues or substance misuse.

**Who can access the service?**

Young people in Renfrewshire who are assessed as needing our support.

**How do people access the service?**

Via Home Link Workers, Social Work schools/colleges. Self referrals welcomed.

**Additional Information**

The service is free of charge although there is usually a waiting list to join any of the groups. The carers centre is accessible to wheelchair users and home visits are possible.

## **Renfrewshire Carers Centre Carers Relaxation Services**

### **What do they do?**

Please contact the carers centre for further information.

### **Who can access the service?**

Any adult carer who is an unpaid carer living in Renfrewshire. Priority is given to those carers with greatest need and to those who have just suffered bereavement.

### **How do people access the service?**

This service operates an open referral process. You can be referred by anyone such as your GP, Nurse, Social Worker etc. or you can simply self refer.

### **Additional Information**

The service is free of charge although there is usually a waiting list for individual therapies and the therapy group.

## **Renfrewshire Carers Centre Training for Carers**

### **What do they do?**

The project provides short training courses on various topics for carers to improve their caring skills and knowledge and offers opportunities for carers to learn from each other. The aim of the training is to enable carers to feel more comfortable and confident in their caring role. All training is free for carers.

### **Who can access the service?**

Carers over the age of 18 who are looking after a family member, friend or relative who has an illness or disability. Where appropriate, courses may be limited to carers looking after someone with a diagnosis of a particular illness or condition.

### **How do people access the service?**

Self referral or referral by a health or social care professional. To obtain a copy of the latest training programme, Please contact Louise Anderson on 0141 847 1933.

### **Additional Information**

The Carers Centre is accessible to wheelchair users. Respite can normally be arranged to enable carers to attend training courses.

# ACUMEN

Room 2015 Mile End Mill  
12 Seedhill Road  
Paisley  
PA1 1JS

**Tel:** 0141 887 9103

**Fax:** 0141 887 9103

**Email:** [enquiries@acumennetwork.org](mailto:enquiries@acumennetwork.org)

**Website:** [www.acumennetwork.org](http://www.acumennetwork.org)

## **What do they do?**

ACUMEN is a networking organisation for people in the West of Scotland affected by mental and emotional problems. It works in partnership with five local authorities and both NHS Greater Glasgow & Clyde and Highland Health Boards to improve service delivery and the quality of life for people with significant mental health challenges.

We support the monthly meetings of Recovery Renfrewshire. This is a group of service users and carers who come together for support and the promotion of good mental health. Recovery Renfrewshire meet on the last Thursday of every month between 11 am and 1.00 pm at The Wynd Centre, Paisley. New members are very welcome. For further information regarding the group, contact the ACUMEN office.

## **Who can access the service?**

Anyone with an interest in mental health. Full membership is open to service users and carers who are residents of Argyll & Bute, East Renfrewshire, Inverclyde, Renfrewshire or West Dunbartonshire. Associate membership is open to any individual or company wishing to be associated with the organisation.

## **How do people access the service?**

Self referral to office by telephone, email or by post.

# Engage

10 Falcon Crescent  
Paisley  
PA3 1NS

**Tel:** 0141 887 7707

**Fax:** 0141 887 8808

**Email:** [info@engagerenfrewshire.com](mailto:info@engagerenfrewshire.com)

**Website:** [www.engagerenfrewshire.com](http://www.engagerenfrewshire.com)

## **What do they do?**

Engage Renfrewshire is the local third sector interface, providing help and support to voluntary organisations and charities across Renfrewshire.

Whether you are just thinking about setting up an organisation in your community, or you are already established and need help to develop, we can help you. We provide advice and training across a wide range of areas, including setting up a group, raising funding and organising events.

We can also help people to find volunteering opportunities that build their confidence and skills and benefit local communities at the same time.

## **Who can access the service?**

Voluntary organisations and charities in Renfrewshire, and people who are thinking about starting up new organisations.

## **How do people access the service?**

You contact Engage directly or through other public sector or public funded organisations that you may be working with, such as the council or a community council.

# Renfrewshire Law Centre

65/71 George Street  
Paisley  
PA1 2JY

**Tel:** 0141 561 7266

## **What do they do?**

Legal advice and representation:

Housing Law

Evictions

Social Security

Debt

Employment Law

Children's Law

NB we do not currently provide representation at Mental Health Tribunals.

## **Who can access the service?**

Residents of Renfrewshire.

## **How do people access the service?**

Self/agency referral

## **Additional Information**

Services are usually free

## **Citizens Advice Bureau Renfrewshire**

45 George Street  
Paisley  
PA1 2JY

**Tel:** 0141 889 2121

**Fax:** 0141 849 7116

**Website:** [www.cas.org.uk](http://www.cas.org.uk)

### **What do they do?**

Citizens Advice Bureau Renfrewshire provides advice to members of the public on a wide range of issues, from housing advice, welfare rights advice, debt advice as well as consumer and legal issues and family issues.

### **Who can access the service?**

Anyone in Renfrewshire.

### **How do people access the service?**

Self referral. The George Street centre offers a drop in service from Monday to Thursday between 10am and 3.30pm. You will be seen on the same day although waiting times to see an adviser can be an hour or more

Outreach services are by appointment only. For an appointment call: 0141 840 6026.

### **Additional Information**

The service is free, impartial and confidential. Waiting lists for Outreach services may be in operation.

# NHS Inform Helpline

Telephone Service

Tel: 0800 22 44 88 (8am to 10pm, 7 days)

Website: <http://www.nhs24.com>

## **What do they do?**

The NHS Inform Helpline can give you details of all pharmacies, GP practices and dental practices in Scotland. They can also give you self care advice and comprehensive up-to-date information about illnesses and conditions, treatments, NHS services and other support services in your area.

The service is also available on line: <http://www.nhsinform.co.uk>

## **Who can access the service?**

This is open to people living or visiting Scotland.

## **How do people access the service?**

This is a telephone helpline and is accessed by phoning 0800 22 44 88.

## **Additional Information**

Calls should cost no more than the price of a local telephone call from a BT landline. Calls from mobiles and other networks may vary.

# NHS Inform Easy Info Zone

Web based service

**Website:** [www.nhsinform.co.uk/easy-info](http://www.nhsinform.co.uk/easy-info)

## **What do they do?**

The Easy Info Zone contains accessible information for people with a learning disability about

- Health conditions
- Wellbeing
- Tests and treatment

## **Who can access the service?**

The Easy Info Zone is open to people living or visiting Scotland.

## **How do people access the service?**

This is a web service and is accessed at:

<http://www.nhsinform.co.uk/easy-info>

## **Additional Information**

Information within the Zone is in Easy Read. Easy Read is information for people with a learning disability that uses words and images together. It is also available in audio and video.

# NHS Inform Bereavement Zone

Web based service

**Website:** <http://www.nhsinform.co.uk/Bereavement>

## **What do they do?**

The Bereavement Zone can help you find answers to your questions and guide you through the early days of your bereavement. It can also help you understand more of the experience of loss in the days that lie ahead.

## **Who can access the service?**

The Bereavement Zone is open to people living or visiting Scotland.

## **How do people access the service?**

This is a web based services and is accessed at:

<http://www.nhsinform.co.uk/Bereavement>.

# NHS Living Life

Telephone service

**Tel:** 0800 328 9655 (Mon-Fri 1pm to 9pm)

**Website:** <http://www.nhs24.com/UsefulResources/LivingLife>

## What do they do?

Living Life is a free Cognitive Behavioural Therapy (CBT) telephone service for people over 16 who are suffering from low mood, mild to moderate depression and/or anxiety.

## Who can access the service?

Two types of telephone intervention and support are provided:

- Living Life Guided Self Help (CBT with a self-help coach) which is available to anyone over the age of 16 in Scotland who is suffering from low mood, mild to moderate depression and/or anxiety.
- Living Life Cognitive Behavioural Therapy (CBT with a therapist). This type of intervention (for people over the age of 16) is only available in NHS Greater Glasgow and Clyde (West Dunbartonshire), Lothian, Borders, Western Isles, Shetland, Orkney and NHS Highland.

## How do people access the service?

Living Life can be accessed either by:

- GP referral, or
- Phoning the free, confidential phone line on 0800 328 9655 (Mon-Fri 1pm to 9pm). You will be asked to provide some details and then an assessment appointment will be arranged to discuss the service and how help can be provided to you.

If you would like to contact the team by mail, the address is:

NHS Living Life  
5th Floor  
Golden Jubilee National Hospital  
Beardmore Street  
Clydebank G81 4HX

## Additional Information

Living Life is free from telephone land lines.

# NHS Inform Mental Health & Wellbeing Zone

Web based service

**Website:** <http://www.nhsinform.co.uk/mentalhealth>

## **What do they do?**

The Mental Health and Wellbeing Zone can help you to improve your mental health and wellbeing by providing high quality, trustworthy information on different aspects of mental health and wellbeing.

The Mental Health and Wellbeing Zone also provides information regarding:

- Common mental health problems, including symptoms, diagnosis, treatment and more.
- Mental wellbeing including managing stressful situations, having a positive mental outlook.
- Accessing help when dealing with mental health problems
- Advice on what to do if you are worried about someone's mental health and wellbeing.

It also provides links to:

- Breathing Space
- Living Life
- The choice and medication portlet which has information on medication used to treat mental health conditions.

## **Who can access the service?**

This is open to people living or visiting Scotland.

## **How do people access the service?**

This is a web service and is accessed at:

<http://www.nhsinform.co.uk/mentalhealth>

# Gleniffer Outreach Support Centre

Gleniffer Outreach  
Accord Hospice Information & Support Centre  
Corsebar Road  
Paisley PA2 9PN

**Tel:** 0141 887 1141

**Fax:** 0141 889 3586

Open Monday to Friday 9-5pm

**Email:** [sharlene.mackle@accord.org.uk](mailto:sharlene.mackle@accord.org.uk)

**Website:** [www.accordhospice.org.uk](http://www.accordhospice.org.uk)

## **What do they do?**

We are the ACCORD Hospice support centre, located in Paisley (Mon - Fri 9am - 5pm) We offer information to anyone affected by a life limiting illness. People can telephone with queries or drop in to access information and support.

Our services include patient and family support, bereavement support and complementary therapies. We can also arrange benefits advice. All of these services require an appointment to be made.

In addition we can offer supportive programmes such as a 'living with Cancer' programme for patients and carers.

## **Who can access the service?**

The services are available to patients and families who have palliative care needs in Renfrewshire or East Renfrewshire.

## **How do people access the service?**

Referrals can be arranged by our team at Accord Hospice. We also welcome people to drop in to access information and advice, however, access to some services may require a referral.

## **Additional Information**

The service is free, and waiting times vary depending on service demands. The centre has a number of disabled parking spaces, however, there are a number of stairs to climb to the entrance from the car park. Please contact the centre for more information.

# Parents Enquiry Scotland

**Tel:** 0131 556 6047 (Admin)

**Email:** parentsenquiry@hotmail.com

**Website:** www.parentsenquiryscotland.org

## **What do they do?**

Parents Enquiry Scotland offers support to parents of gay, lesbian, bisexual and transgender people across Scotland.

Confidential help lines are operated by parents. We are not counsellors but have been through the experience of learning to understand and support our own gay children. Telephone calls are welcome at any reasonable time, but as our help lines are operated from our own homes, please either leave a message or call again if you don't manage to get through to us first time.

One of the main problems faced by families of LGBT people is a sense of isolation, so we are happy to meet people; this is usually one-to-one, but sometimes we arrange for groups to meet. We also provide speakers to talk to interested organisations and have a comprehensive book list and leaflets available.

## **Who can access the service?**

Anyone in Scotland who feels they need the support.

## **How do people access the service?**

By telephone. By email.

## **Additional Information**

The service is free. Please contact the centre for more information at contacts above.

## Renfrewshire Woman's Aid

Violet House,  
3 Violet Street  
Paisley  
PA1 1PA

**Tel:** 0141 561 7030

**Email:** [info@renfrewshirewomensaid.co.uk](mailto:info@renfrewshirewomensaid.co.uk)

### **What do they do?**

Renfrewshire Women's Aid offers emotional support, advocacy and confidential secure accommodation for women, and their children, who are experiencing domestic abuse.

### **Who can access the service?**

Any woman who is affected by or who are experiencing domestic abuse.

### **How do people access the service?**

Women can self refer and we accept referrals from other agencies.

### **Additional Information**

Support offered via advice centre at Violet House during office hours. Offers of accommodation subject to assessment of needs.

# ParentLine Scotland (Children 1st)

**Helpline:** 0800 028 2233

**Website:** [www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)

## **What do they do?**

ParentLine Scotland help parents deal with problems no matter how big or small. The helpline is free and confidential for anyone caring for a child in Scotland.

The helpline is open from 9am to 10pm from Monday to Friday and from 12pm to 8pm at the weekend.

## **Who can access the service?**

Anyone caring for a child in Scotland or anyone who has a concern about a child, whatever the circumstances.

## **Additional Information**

ParentLine Scotland is a confidential service. We don't pass on information to anyone unless you agree, or a child is in danger or at risk of serious harm. Your telephone number does not show up and you do not have to give your name or address. Just tell us as much about yourself as you're comfortable with. Sometimes for reasons of quality control, a supervisor will listen to calls.

ParentLine Scotland also runs:

- The national Kinship Care Helpline for thousands of kinship carers across Scotland.
- A dedicated Abuse Support Line on 0800 345 7457

# Renfrewshire Reconnection

Mile End Centre  
30 Seedhill Road  
Paisley  
PA1 1SA

**Tel:** 0300 300 0345

**Email:** [woman.sw@renfrewshire.gov.uk](mailto:woman.sw@renfrewshire.gov.uk)

**Website:** [www.cedarnetwork.org.uk](http://www.cedarnetwork.org.uk)

## **What do they do?**

Renfrewshire Reconnection is a project hosted by Renfrewshire Council, funded by the Lottery, providing predominantly group-based services for women and children who have experienced domestic abuse.

The Cedar (Children Experiencing Domestic Abuse Recovery) Project forms the first of these group services to be developed.

Cedar is a 12 week therapeutic group work programme for children affected by domestic abuse. The programme helps children to:

- ◇ Better understand and come to terms with their experiences of domestic abuse.
- ◇ Develop safety plans and problem solving skills.
- ◇ Feel able to express and understand their feelings.
- ◇ Rebuild the relationship between mother and child.

A concurrent group work programme for mothers runs alongside the children's programme.

## **Who can access the service?**

Children aged 4-16 years old from the Renfrewshire area who have experienced domestic abuse and where the perpetrator is no longer living with mother and child/children.

Alternative therapeutic support is also available for those children and/or mothers not suitable for Cedar or who have additional needs.

## **How do people access the service?**

Anyone can refer to the service.

## **Additional Information**

A waiting list is in place. Children are placed in groups with a two year age gap. Siblings attend different groups.

# Renfrewshire Child Protection Committee

It's everyone's job to make sure children in the Renfrewshire area are safe.

If you see behaviour which concerns you, or if a child or young person tells you something, you need to take them seriously, do something about it and speak to someone.

Raise your concerns with a teacher, a doctor, a health visitor, a social worker, a Police Officer, or nursery staff.

Help Lines are available if you are worried or know of a child who could be at risk of abuse or neglect. Please speak to a member of staff at one of the following numbers:

Your call will be treated in the strictest confidence.

- ◇ Childline: 0800 11 11
- ◇ Social Work Services 0300 300 1199
- ◇ Strathclyde Police 0141 532 5900

For more information on the Child Protection Committee please visit the website at [www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk)

## Scottish Recovery Network

Suites 320-323  
50 Wellington Street  
Glasgow  
G2 6HJ

**Tel:** 0141 240 7790

**Email:** [info@scottishrecovery.net](mailto:info@scottishrecovery.net)

**Website:** [www.scottishrecovery.net](http://www.scottishrecovery.net)

**Twitter:** @SRN\_Tweet

### What do they do?

The Scottish Recovery Network (SRN) is a national non-profit organisation working to achieve 'A Scotland where mental health recovery is a reality for all'. We were formed in 2004 and have four overall goals.

- Raise awareness of recovery.
- Encourage empowerment.
- Develop the evidence base.
- Influence policy and practice.

It is our belief that people who experience mental health problems and those around them should expect recovery. The values and principles which underpin the recovery experience should form the basis of how, as a society, we approach mental health issues.

SRN's programme of work is designed to develop and share new and innovative approaches to promote and support mental health recovery. Amongst others, some of our projects include:

### Research

SRN instigate and support a wide range of research projects in order to further our knowledge and understanding of mental health recovery and related subjects. Using a 'narrative' (qualitative) methodology, we also gather personal stories from those with lived experience of mental health problems and those around them in order to help us to learn more about the things that help and hinder recovery.

### **Wellness Recovery Action Planning (WRAP)**

WRAP is a self-management tool to help people take more control over their wellbeing and recovery. Using a Quality Assurance process we train and mentor WRAP facilitators across Scotland.

### **Peer Support**

We believe that people with experience of mental health issues and recovery have a unique insight and understanding. SRN created guidelines to assist the development of Peer Worker roles to complement existing mental health services in Scotland. We have also launched a Quality Framework for such positions.

### **The Scottish Recovery Indicator 2 (SRI 2)**

Created by SRN, this web-based service development tool is now widely used by mental health services in Scotland to help them assess the extent to which their services are recovery focused.

### **Who can access the service?**

SRN is a national organisation working around Scotland. We are not a service provider. Instead, we raise awareness and increase understanding of mental health recovery. Anyone is welcome to access our information either through our website or by contacting our office.

### **How do people access the service?**

Please note that SRN is not a service provider and cannot offer direct support to individuals in relation to their mental health or recovery.

For information about mental health recovery and our work, please contact the SRN office by phone or email, visit our website or engage with us on Twitter.

# Action on Depression

Thorn House  
5 Rose Street  
Edinburgh  
EH2 2PR

**Tel:** 0808 802 2020

**Email:** [info@actionondepression.org](mailto:info@actionondepression.org)

**Website:** [www.actionondepression.org](http://www.actionondepression.org) & [www.lookokfeelcrap.org](http://www.lookokfeelcrap.org)

## **What do they do?**

We provide information and support for people affected by depression in Scotland.

We have a phone line open from 2-4pm on Wednesday and at all other times we can be contacted via letter or email. If you do need to speak to someone urgently, you can call our Admin number on 0131 243 2787.

We provide information resources and publications, most of which can be downloaded via our website, but we also have a small range in print.

We run CBT based life skills courses online and in the community and support a small number of self help groups. We also campaign at a national and local level to improve care and services for people affected by depression.

## **Who can access the service?**

Our services are available to all those affected by depression including carers, families and friends all over Scotland.

## **How do people access the service?**

Self referral

# Choose Life Renfrewshire

Studio 1001 -1011  
Mile End Mill  
12 Seedhill Road  
Paisley  
PA1 1JS

**Tel:** 0141 849 2200

**Fax:** 01418492254

**Email:** Rosemary.Mullan@renfrewshire.gov.uk

**Website:** www.chooselife.net

## **What do they do?**

Choose Life provide advice, information, guidance and training to staff, carers and the community to help them support those who are suicidal and or self harming. We can offer advice on appropriate responses and interventions as well as signposting on to specific services. Our training programmes includes STORM (Skills Based Training on Risk Management), ASIST (Applied Suicide Intervention Skills Training), SafeTALK and Self Harm Awareness and Skills. We will tailor training to suit the needs of individual organisations and provide short presentations to teams or community groups seeking to learn more about suicide prevention and self harm interventions.

## **Who can access the service?**

Anyone living or working in Renfrewshire.

## **How do people access the service?**

Contact the service directly

## **Additional Information**

No charge for training etc.

# Inclusion Scotland

5a Sir James Clark Building  
Abbey Mill Business Centre  
Paisley  
PA1 1TJ

**Tel:** 0141 887 7058

**Fax:** 0141 848 7551

**Email:** [information@inclusionsscotland.org](mailto:information@inclusionsscotland.org)

**Website:** [www.inclusionsscotland.org](http://www.inclusionsscotland.org)

## **What do they do?**

Inclusion Scotland (IS) is a consortium of disability organisations, individual disabled people and social partners who share our aims. We work towards eradicating the barriers – physical, economic, cultural and attitudinal – which prevent disabled people being fully included in society.

Our role is to enable meaningful communication and consultation between disabled people in Scotland and policy makers at local and national government levels and with bodies such as the NHS, all of whose decisions and policies can profoundly affect us. We want to reverse, through civil dialogue, partnerships, capacity building, education, persuasion, training and advocacy, the current social exclusion experienced by disabled people.

We share the ethos of the social model of disability as opposed to the medical model, which expects disabled people to regard their impairment as their problem and adapt to fit into the world as it is. The social model of disability, however, recognises everyone as equal and looks beyond a person's impairment at all the relevant factors including the barriers that affect their ability to be a full and equal participant in society.

## **Who can access the service?**

Disabled people and their organisations and people with an interest in disability and equality issues.

## **How do people access the service?**

By telephoning us to find out more or logging on to the website.

# Mental Welfare Commission for Scotland

Thistle House  
91 Haymarket Terrace  
Edinburgh  
EH12 5HE

**Tel:** 0131 313 8777 or Freephone 0800 389 6809

**Fax:** 0131 313 8778

**Email:** [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)

**Website:** [www.mwscot.org.uk](http://www.mwscot.org.uk)

## **What do they do?**

The Mental Welfare Commission works to safeguard the rights and welfare of people with a mental illness, learning disability or other related conditions. We do this by; visiting people who use services, conducting investigations, providing advice and information and by promoting the principles of mental health law.

## **Who can access the service?**

Anyone can contact the Mental Welfare Commission for advice or to record a concern.

## **How do people access the service?**

People can contact us for advice and information about care and treatment rights. We also visit services and individuals. You can contact us on the number above to request a visit.

## **Additional Information**

No facilities at our main office for public access.

## VOX (Voices of Experience)

c/o Mental Health Foundation  
5<sup>th</sup> Floor Merchants House  
30 George Square  
Glasgow  
G2 1EG

**Tel:** 0141 572 1663

**Email:** [info@voxscotland.org.uk](mailto:info@voxscotland.org.uk)

**Website:** [www.voxscotland.org.uk](http://www.voxscotland.org.uk)

### **What do they do?**

We are a national mental health service user led organisation and work in partnership with mental health and related services to ensure that service users get every opportunity to contribute positively to changes in the services that serve them.

### **Who can access the service?**

Membership of VOX is open to individuals who have or have had mental health problems, mental health groups can also become members.

### **How do people access the service?**

By calling the number above.

### **Additional Information**

There are no fees at present for membership of VOX.

# See Me

Brunswick House  
51 Wilson Street  
Glasgow  
G1 1UZ

**Tel:** 0141 530 1000

**Email:** [info@seemescotland.org](mailto:info@seemescotland.org)

**Website:** [www.seemescotland.org](http://www.seemescotland.org)

## **What do they do?**

'See Me' is Scotland's national programme to end the stigma and discrimination associated with mental ill-health. We work with a number of partners at both local and national level. A key component of our work is a programme of events and local and national initiatives across the country that aim to change people's attitudes about mental ill-health, and influence their behaviour to be more supportive and positive towards people with mental health problems. We work closely with the media in order to change the way in which mental health issues are portrayed. We also involve a lot of social marketing approaches in our work.

## **Who can access the service?**

'see me' does not provide direct services to individuals or groups. We work with a number of organisations and people across Scotland, often by being involved in already existing partnerships.

# Support in Mind Scotland

Unit 6 Newington Business Centre  
Dalkeith Road Mews  
Edinburgh  
EH16 5GA

**Tel:** 0131 662 4359

**Fax:** 0131 662 2289

**Email:** [info@supportinmindscotland.org.uk](mailto:info@supportinmindscotland.org.uk)

**Website:** [www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)

## **What do they do?**

Support in Mind Scotland provides direct services in some parts of Scotland but not in Renfrewshire.

We do however provide an information service from our National Office in Edinburgh and can provide information on a variety of matters relating to mental illness. The information service is usually available weekdays between 9.30am and 4.30pm.

We are also a membership organisation. Most of our members are individuals affected by mental illness either as service users or as carers/family members.

There is no fixed membership fee and membership entitlements include receipt of our twice yearly Newsletter and other correspondence/Annual Reports etc as well as opportunities to contribute to our national policy influencing role.

## **Who can access the service?**

Anyone in Scotland, or supporting someone living in Scotland, who has an interest in or has concern about issues for people affected by schizophrenia and other mental illnesses.

## **How do people access the service?**

Please contact the projects listed on our website for further information.

# Bipolar Scotland

Studio 1015, Mile End Mill,  
Abbeymill Business Centre,  
Seedhill Road  
Paisley  
PA1 1TJ

**Tel:** 0141 560 2050

**Email:** [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk)

**Website:** [www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

## **What do they do?**

- ◇ A national network of self-help groups
- ◇ Training in self-management of bipolar disorder
- ◇ Talks on bipolar disorder to statutory and voluntary groups
- ◇ Provide information on bipolar disorder through website, publications, leaflets etc.

## **Who can access the service?**

Cover the whole of Scotland. Target group are people diagnosed with bipolar disorder, their carers and other supporters.

## **How do people access the service**

For self-help groups you can self refer. Self-Management training is open to people with the diagnosis and who are members of Bipolar Scotland.

## **Additional Information**

Please note that we do not currently have a self-help group meeting in Paisley. Nearest groups will be in Glasgow and East Renfrewshire.

# PAPYRUS Prevention of Young Suicide

67 Bewsey Street  
Warrington  
Cheshire  
WA2 7JW

**Tel:** 01925 572444

**Text Service:** 07786 209 697

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

## **What do they do?**

National UK charity working to prevent suicide in young people (35 years and under)

The PAPYRUS national confidential helpline—HOPElineUK 0800 068 4141—gives support and practical advice to young people worried about themselves and to anyone else concerned that a young person they know may be at risk of harming themselves.

## **Who can access the service?**

All

## **How do people access the service**

Helpline opening times: weekdays 10am-5pm, 7pm-10pm, weekends 2pm-5pm. A call back service is in operation.

The helpline is staffed by professionals experienced in working with suicidal young people, families and carers.

## **Additional Information**

Calls are free from BT landlines. Other networks and mobile rates may vary.

## Community Mental Health Teams

Paisley CMHT  
The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

Renfrewshire CMHT  
Studio 1001 - 1011  
Mile End Mill  
12 Seedhill Road  
Paisley  
PA1 1JS

**Tel:** 0141 618 5600

**Tel:** 0141 849 2200

### **What do they do?**

The Community Mental Health Teams (CMHT) provide a comprehensive service to people recovering from mental health problems in the Renfrewshire area. This is a joint initiative involving both NHS Greater Glasgow & Clyde and Renfrewshire Council Social work. The teams have a mix of skills from all disciplines allowing them to offer a comprehensive package to those in need. The teams include: Community Nurses, Occupational Therapists, Psychiatrists, Psychologists, Social Workers, Group Workers, Home Care Workers, Support Workers and Administration Staff.

### **How do people access the service?**

If your GP thinks you will benefit from CMHT input then he/she will make a referral. If the service thinks it can help, they will then make an appointment to see you. This initial contact lets them find out about the difficulties you may be experiencing and helps to identify together whether the service would be best to meet your needs.

### **Additional Information**

The Community Mental Health Teams are arranged into two area teams - Paisley and the remaining area of Renfrewshire, from Lochwinnoch to Renfrew. People can be seen in their homes or at a number of community buildings.

## **Intensive Home Treatment Team (IHTT)**

Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**Tel:** 0141 618 3333

### **What do they do?**

The service is for all adults over the age of 18 years with mental health problems who are experiencing a psychiatric crisis and/or relapse of such severity that without the involvement of the IHTT would be at risk of being admitted to hospital.

The service is not appropriate for individuals with the following needs:

- ◇ A primary diagnosis of alcohol or other substance misuse
- ◇ A primary diagnosis of learning disabilities
- ◇ Current involvement with the Forensic Community mental Health Team/services

### **Who can access the service?**

- ◇ People who live within Renfrewshire CHP Area
- ◇ 16-18 year olds not in full time education
- ◇ People in hospital where an early supported discharge can be facilitated

### **How do people access the service?**

Referrals are considered strictly against service criteria. Telephone referrals will be accepted from the following health or social care professionals:

- ◇ GP's and other primary care practitioners
- ◇ All Mental Health Professionals
- ◇ A & E Departments
- ◇ NHS 24
- ◇ Emergency Duty Services
- ◇ Health & Social Care Community Teams
- ◇ Police & emergency services

# Sandyford Renfrewshire

8 New Sneddon Street  
Paisley  
PA3 2AD

**Tel:** 0141 314 9402

## **What do they do?**

Sexual and reproductive health clinic for everyone in Renfrewshire regardless of age, gender or sexuality. The service operates 5 days per week. We operate a Drop-in every morning (Mon, Wed, Thurs, Fri, am) between 9.15am - 11.30 am and have booked appointments in the afternoon.

We also have 3 youth clinics per week on a Wednesday, Thursday and Friday between 3.30pm - 4.30pm.

## **Who can access the service?**

Anyone in Renfrewshire.

## **How do people access the service?**

Self referral.

## **Additional Information**

Appointments are required for specialist clinics such as gynaecology, menopause, termination of pregnancy etc.

# Waverley Care

12 Queens Crescent  
St George's Cross  
Glasgow  
G49 AS

**Tel:** 0141 332 2520

**Email:** [hepcglasgow@waverleycare.org](mailto:hepcglasgow@waverleycare.org)

**Website:** [www.waverleycare.org](http://www.waverleycare.org)

## **What do they do?**

Waverley Care (formerly C-Level) is a support and advice service for people who may be at risk of contracting hepatitis or for friends and family who require information. The service has a drop-in service every day between 10am - 12 noon. We have a support group every Wednesday between 2pm - 4pm as well as providing one to one sessions, pre and post test discussions as well as a buddy service.

Waverley Care also provide basic hepatitis C awareness sessions in community sessions for individuals at risk as well as for staff.

Waverley Care operate a drop in, once a month at the CACTUS project in Paisley. (See page 16 of this directory)

## **Who can access the service?**

Anyone who lives in the NHS Greater Glasgow and Clyde area.

## **How do people access the service?**

Waverley Care operates an open referral system and accepts referrals from a variety of sources including, self referrals.

## **Additional Information**

Services are free to anyone in the Greater Glasgow and Clyde area.

# Older Peoples In-Patient Services

Mansionhouse Unit South 1 and North 1  
Wards 37 & 39 Royal Alexandra Hospital

**Tel:** 0141 884 5122

**Website:** <http://www.nhsggc.org.uk>

## **What do they do?**

The Mansionhouse Unit is located close to the Victoria Infirmary and accommodates elderly patients for Medicine for the Elderly assessment, rehabilitation and interim care.

Ward 37 RAH offers Acute Admissions for Organic Disorders

Ward 39 RAH offers Acute Admissions for Functional Disorders

## **Who can access the service?**

For the acute admissions of older adults from Renfrewshire & East Renfrewshire and for the continuing care of older adults from Renfrewshire.

## **How do people access the service?**

Referral from GP's services.

## **Additional Information**

All wards fully compliant with disability access.

## **Adult Mental Health Services**

Dykebar Hospital - North, East and Arran and Bute Wards

**Tel:** 0141 884 5122

**Website:** <http://www.nhsggc.org.uk>

### **What do they do?**

The service provides care and treatment for adults over the age of 18 with ongoing mental health issues where they cannot be managed in the community.

## **Out of Hours CPN Service**

**Tel:** 0845 650 1730

**Website:** <http://www.nhsggc.org.uk>

### **What do they do?**

Community Psychiatric CPN out of hours service provides crisis intervention, assessment and management of adults experiencing mental health issues.

# Fibromyalgia Association UK

Studio 3013  
Mile End Mill  
12 Seedhill Road  
Paisley PA1 1JS

Tel: 0844 826 9022  
Fax: 0844 826 9033  
Email: [head.office@fmauk.org](mailto:head.office@fmauk.org)  
Website: [www.fmauk.org](http://www.fmauk.org)

## **What do they do?**

Fibromyalgia Association UK is a registered charity administered and run by unpaid volunteers. The majority of volunteers are also fibromyalgia sufferers who work extremely hard, despite their condition, in order to forward the cause of fibromyalgia. FMA UK was established in order to provide information and support to sufferers and their families. In addition, the Association provides medical information for professionals and operates a national helpline.

## **Who can access the service?**

Anyone with fibromyalgia, their families/carers/friends and Health Professionals.

## **How do people access your service?**

Self-referral.

## **Fibromyalgia Paisley & Inverclyde Network (Fibro PaIN)**

Studio 3013  
Mile End Mill  
12 Seedhill Road  
Paisley PA1 1JS

Tel: 0844 887 2369  
Email: [fibroinfo@paisleyfm.org](mailto:fibroinfo@paisleyfm.org)  
Website: [www.paisleyfm.org](http://www.paisleyfm.org)

### **What do they do?**

Fibro PaIN is a local support group for people with fibromyalgia. Anyone with fibromyalgia or affected by the condition is welcome to attend. The group provides support, information and advice through groups in Paisley and Greenock. Fibro PaIN works with FMA UK to raise awareness of fibromyalgia.

### **Who can access the service?**

Anyone with fibromyalgia, their families, carers, friends. We also welcome health professionals with an interest in fibromyalgia.

### **How do people access your service?**

Self-referral.

### **Additional Information**

Paisley Group meets on the 3rd Monday of each month at 1.00pm in St Mirins Cathedral Parish Halls, Inche Street, Paisley. Inverclyde Group meets on the 3rd Thursday of each month at 11.00am in Your Voice, 12 Clyde Square, Greenock.

# Child and Adolescent Mental Health Services (CAMHS)

Arran Thru Centre  
103 Paisley Rd  
Renfrew  
PA4 8LH  
**Tel:** 0141 886 5921

## **What do they do?**

CAMHS offers a service to children and adolescents (up to the age of 18) with emotional and behavioural difficulties (including anxiety and mental health issues) as well as those on the autistic spectrum. Assessment and therapeutic work is available for users and practical advice for parents and families is also provided.

## **Who can access the services?**

Children and adolescents in Renfrewshire who are assessed as needing the service

## **How do people access the service?**

Via GP, social work departments and consultant psychiatrist

## **Additional Information**

There may be a waiting list for this service. The service is free.

## Websites and Other Resources

### Online CBT Sessions

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

Offers free life skills training based on a CBT model for people with anxiety and depression.

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

A free self help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

[www.glasgowsteps.com](http://www.glasgowsteps.com)

This site will tell you all about common stress problems and give you some ideas on how best to tackle them.

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

A database UK counsellors and psychotherapists, with information on their training and experience, areas of counselling covered, fees and contact details.

### Eating Disorders

[www.b-eat.co.uk](http://www.b-eat.co.uk)

This UK charity (formerly EDA UK) offers information and advice on eating disorders. Their website has a well-used and well-moderated discussion forum for people experiencing difficulties. They also run separate telephone helplines for adults and young people, a recorded information line and an SMS text information service .

### Self Harm

[www.nshn.co.uk](http://www.nshn.co.uk)

Offers support to individuals who self harm to reduce emotional distress and to improve their quality of life. It also supports and provides information for family and carers of individuals who self harm.

[www.selfharm.org.uk](http://www.selfharm.org.uk)

This site is a key information resource for young people who self-harm, their friends and families, and professionals working with them

[www.lifelink.org.uk](http://www.lifelink.org.uk)

Crisis intervention service working in the North Glasgow area with people who self harm and at risk of suicide.

## **Substance Misuse**

[www.knowthescore.info](http://www.knowthescore.info)

Clear, up-to-date information and advice on all kinds of drugs and drug-related problems.

[www.talktofrank.com](http://www.talktofrank.com)

Talk to Frank provides confidential and honest information on drugs. They operate a 24 hour phone line and email service 365 days of the year.

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Al-Anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking.

[www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)

A national voluntary organisation for alcohol issues. Alcohol Focus Scotland is committed to improving the quality of people's lives by changing Scotland's drinking culture – promoting responsible drinking behaviour and discouraging drinking to excess.

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

A national organisation offering help and support to people who are trying to overcome their drinking problems. Local groups throughout the country meet regularly to offer practical advice and fellowship.

[www.release.org.uk](http://www.release.org.uk)

Provides a range of advice and information services in response to people requiring assistance with matters to do with drugs and the law.

## **Young People**

[www.childline.org.uk](http://www.childline.org.uk)

ChildLine is the free helpline for children and young people in the UK. Children and young people can call ChildLine to talk about any problem. Call them free on 0800 11 11 (Open 24 hours a day every day of the year).

[www.headsup.org.uk](http://www.headsup.org.uk)

HeadsUpScotland contributes to the activity already underway in Scotland to improve the mental health and well-being of children and young people.

[www.talking2ourselves.com](http://www.talking2ourselves.com)

This site is to provide help and information on mental health issues to young people who are either having difficulties themselves, or are worried about a friend or relative or just want to know more about mental well being.

[www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)

The website provides practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental wellbeing.

[www.youtube.com](http://www.youtube.com)

YouTube is a video sharing website on which users can view, share or upload videos. Searching for “mental health resources” produces a multitude of useful, informative videos regarding mental health issues and mental health wellbeing.

### **Helpline Numbers**

Dementia Helpline	0808 808 3000	24hrs a day
Child Line	0800 11 11	24hrs a day
Domestic Abuse Helpline	0800 027 1234	24hrs a day
National Missing Persons Helpline	0800 700 740	24hrs a day
Rape Crisis Scotland	08088 010 302	24hrs a day
National Drink Line Scotland (8am-11pm 7 days per week)	0800 7314 314	
Hopeline UK (Young people's suicide prevention) Weekdays 10am - 5pm & 7pm - 10pm. Weekends 2pm - 5pm	0800 6841 41	
The Line (for young people living away from home)	0800 88 444	
The Relationship Helpline 9am-8pm Monday to Thursday and 9am-5pm on Friday	0808 802 2088	

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If you require this Directory to be translated into another language, please contact Stephen McLellan on 0141 847 8900.

我們可提供本文檔的繁體中文拷貝。若需此拷貝，請致電0141 847 8900 與首席執行官辦公室的 Stephen McLellan 聯繫。

Istnieje możliwość otrzymania egzemplarza tego dokumentu w tym języku. W celu uzyskania takowego, proszę skontaktować się z Stephen McLellan pod numerem 0141 847 8900.

"اگر آپ اس ڈائریکٹری کو کسی مختلف زبان میں پسند کرتے ہوں تو براہ کرم آراے ایم ایچ میں اسٹیفن میک لین کے ساتھ اس فون پر رابطہ کریں 0141 847 8900"

"Dacă doriți acest director în altă limbă vă rugăm să-l contactați pe Stephen McLellan de la RAMH, la telefon 0141 847 8900".

This directory can be downloaded from;

[www.ramh.org](http://www.ramh.org)  
[www.renfrewshirecarers.com](http://www.renfrewshirecarers.com)  
[www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk)  
[www.acumennetwork.org](http://www.acumennetwork.org)



This is for you Crisis Card

