



# Renfrewshire Health & Social Care Partnership

## Renfrewshire Mental Health and Wellbeing Support Services Contact Numbers

How you can get support

Each of the groups can put you in touch with more specific assistance



**RAMH** | **0141 847 8900**

Local organisation who can support mental health issues.

**First Crisis Freephone** | **0800 221 8929** or **0141 848 9090** {standard rate}

9-8pm Mon-Fri and 5pm at weekends

**Hear for You** | Freephone **0800 221 8904**

If you feel distressed or anxious 9-5 Mon-Fri

**Renfrewshire Alcohol and Drug Partnership (ADP)** | **0300 300 1199** {option 2}

Partnership of local public and voluntary sector organisations which support local community with alcohol and drug issues.

**Pachedu Advice to Ethnic Minority Population** | **07377937941** or **07415009677**

Provides a range of support, information and advice aimed at addressing mental health & other related issues.

**Renfrewshire Women's Aid** | **0141 561 7030**

Provides advice, support, information and safe accommodation for Women, Children & Young People affected by domestic abuse.

**ACCORD Hospice Bereavement Support** | **0141 581 2000**

If you are experiencing loss or dealing with grief following the death of someone close.



Please see over...



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**Money Advice** | **0300 300 1238**

Confidential advice on money and debt issues

**Renfrewshire Carers** | **0141 887 3643**

Provides a wide range of support and services to all unpaid Carers



## National Support links

**BREATHING SPACE** | Helpline number: **0800 83 85 87**

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

**SAMARITANS** | **116 123** (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org](http://www.samaritans.org)

**SUICIDE PREVENTION (Choose Life)**

[www.suicide-prevention.org.uk](http://www.suicide-prevention.org.uk)

**SHOUT** | **Text: 85258**

is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



*Please see over...*