

RENTEN Text 'RENTEN' to 85258 

Just in case your Christmas isn't as merry this year... we're here to help!

shout
85258

here for you 24/7

'Shout' is a 24/7 text based support service and anyone of any age, can text.

We aim to respond within 5 minutes to support people in immediate distress.

The service is clinically supervised and highly valued in other areas of the UK.

togetherall

Maybe you are feeling overwhelmed, struggling socially, or just not feeling like yourself?

Togetherall is a safe, anonymous, online community to support your mental health.

FREE to all aged 16-25 in Renfrewshire



An Anonymous Community



Safety



Easy to Access

Take a breath and count to ten...



Scan to join for free today!